



*For the Personal Touch*

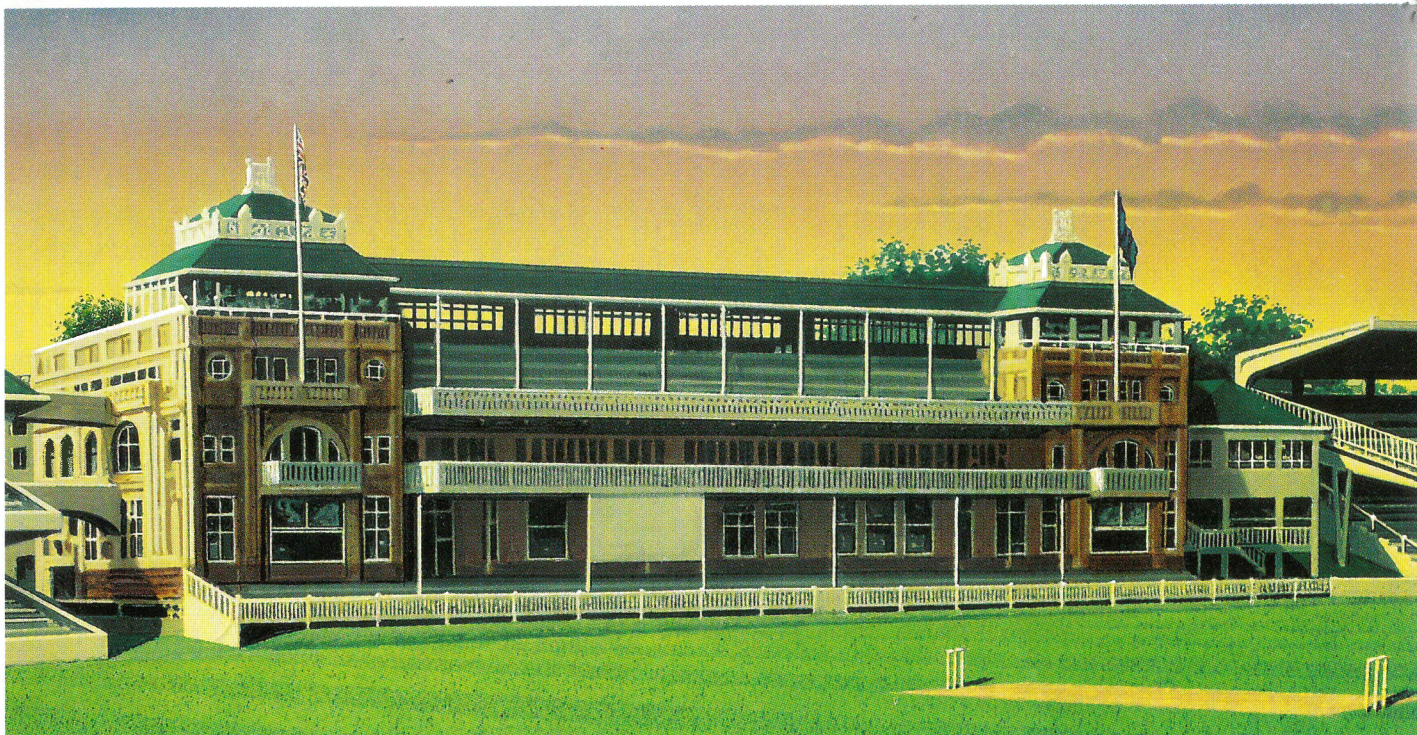
# Campus Sport

The official Sports Magazine of the University of Cape Town



**ORIENTATION EDITION**  
**1997**





BECAUSE WE UNDERSTAND THE MAGIC  
THAT A PIECE OF WILLOW WOOD  
AND A LEATHER BALL CAN WEAVE

*TrustBank is proud to be  
associated with South African cricket.*

We're committed to the spirit of cricket. That's why we're investing large sums in South Africa's cricketing future.

It's part of the way we think at TrustBank. We believe everyone should have the opportunity to realise their full potential throughout their lives.

But we know everyone's different. So we've created The Personal Touch. A programme that helps us match the right selection of products and services to each and every client's unique needs.

Like The Personal Touch, our cricket sponsorship is just one more way we help more people live their dreams.

Why not call us? We can put The Personal Touch to work for you, too.



**TRUSTBANK**

*For the Personal Touch*





### SPORTS ADMINISTRATION STAFF

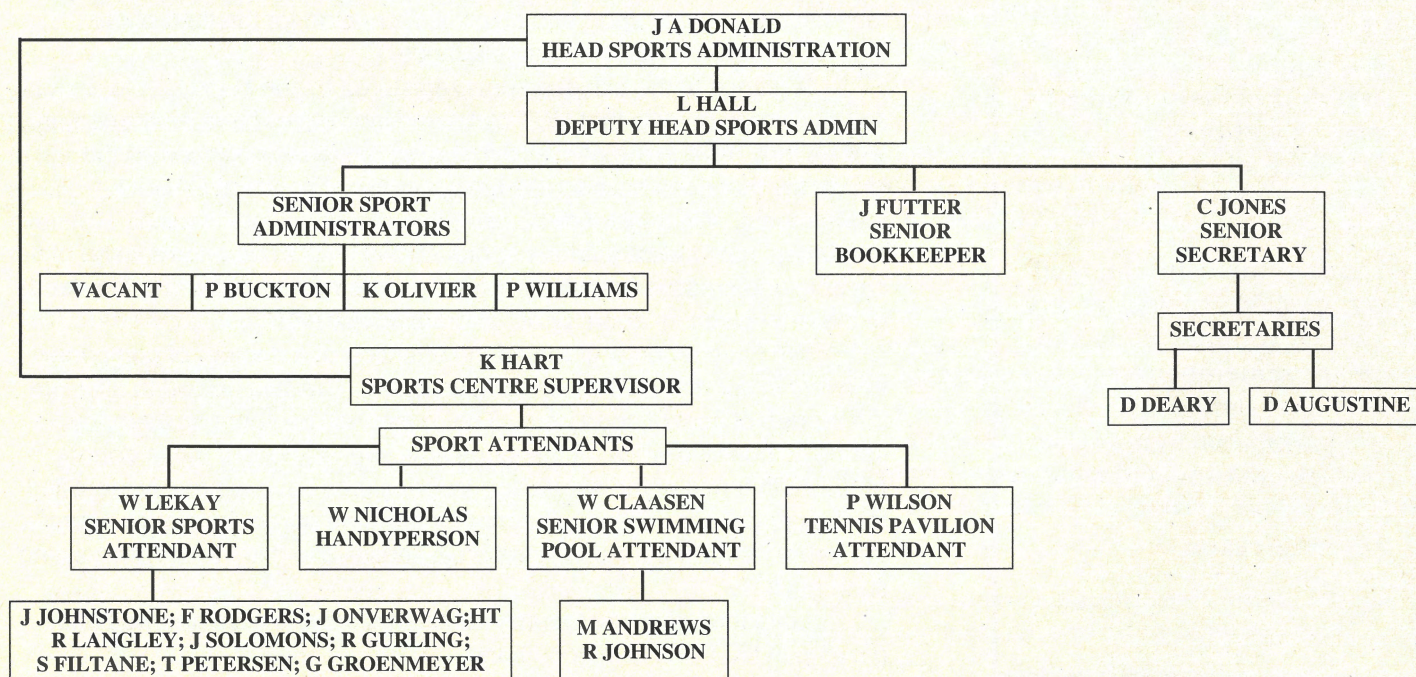
**BACK, L to R:** Billy Lekay, Michael Andrew, John Solomons, Kobus Olivier, Willie Nicholas, Gavin Groenmeyer.

**MIDDLE, L to R:** Dorethea Augustine, Deanne Deary, Richard Johnson, Willie Claasen, Russel Gurling, John Onverwacht.

**FRONT, L to R:** Salome Filtane, Peter Buckton, Candy Jones, John Donald, Lydia Hall, Patrick Williams, Keith Hart.

**ABSENT:** Joan Futter, Nick von Bathori, Mac Campbell, Thelma Petersen, Freddie Rodgers, Peter Wilson, Richard Langley, Jeffrey Johnstone

### UNIVERSITY OF CAPE TOWN STUDENT AFFAIRS DEPARTMENT: 1996 SPORTS ADMINISTRATION ORGANOGRAM





## EDITORIAL

**W**elcome to UCT Sport. The Orientation edition, compiled by Sports Administration and the clubs, aims to provide you with all the information about our programmes you will need to make informed decisions on your leisure time activities.

Please be careful in your choice as no cancellation is permitted and note that you do not need to join Squash, Weights, Swimming or Tennis if you do not wish to be competitive and/or can make use of these facilities at off peak times.

The new Hare's Field Clubhouse (Forest Hill) boasts a fine weights circuit, which is also free of charge and is situated in close proximity to most residences.

If you do wish to become involved in one or more of the 48 different activities on offer, make sure that you register at the plaza during Orientation Week or after that at Sports Administration in the Sport Centre.

Sports Administration staff are available to answer any queries you may have and please remember a balanced University programme includes sport and leisure time activities.

**Peter Buckton**  
*Editor*

# THE FUTURE OF UCT SPORT

*Professor John Simpson (Chairperson: Sports Council)*

**T**he future of UCT Sport is assured - a recent injection of R7 million for facility development clearly demonstrates the University's position. What is not assured is which sports will survive and at what level they will be played.

Present trends at UCT are indicative of the changing demography of the student population and will continue until proper development initiatives take hold in all our communities and schools. Thus Soccer and Basketball currently enjoy high profiles on campus and one can be reasonably confident that sports such as Boxing and Road Running will grow rapidly.

Many sports traditionally offered by UCT will come under increasing pressure and will to some extent be dependent on the commitment of national and provincial structures to broadening their player base and identifying and nurturing aspiring talent.

We do, of course, from time to time also witness the dictates of fads and fashion and so for example, vast numbers attended the introduction of activities like Aerobics and Windsurfing only to dwindle with the launch of new challenges.

Our policy, has been, and remains that student interest determines the viability and the lifespan of any club. We do not prescribe which sports should be on offer nor do we limit the number of sports seeking affiliation to the Sports Council. In fact the Sports Council subscribes to the philosophy that sport at UCT is organised by students for students.

For this reason the future of individual clubs or for that matter sport in general lies very definitely in the hands of student leadership.

Sport is in competition with teaching and research for University resources and there will always be those who believe the University's sole responsibility is to educate the mind. In order to preserve sport's place and to dispel this academic disdain student leadership will, in future, as they have done in the past, need to demonstrate the extent of their constituency. Recent figures indicate that in excess of fifty percent of students participate in some form of sport or physical recreation.

The University can ill afford to disregard this statistic or the obligation they have to provide sport and physical recreation for the third of the student population now living in residence.

A glance at the achievements registered by the clubs for the annual sports awards reveals that UCT clubs and individuals have performed as well as they have in the past and that we maintain our position as the University that does best across the spectrum of sports at SASSU tournaments. We might well be competing for shrinking financial resources, but student leadership has shown itself to be enormously capable and creative in maintaining standards whilst addressing the needs of those involved in "sport for all" at grass roots level.

We have recently attracted the attention of a number of companies to invest in sport at UCT, such as TrustBank. This has helped to alleviate the burden of cost of sport here. The money will be spent on as many sports as possible while, at the same time, we will honour these donors' requests in terms of the sports and facilities they have expressly identified for their donations. Clearly, the more money we attract from such sources the better, and Sports Administration is sensitive to this means of assisting sport at UCT.

I can thus give you the assurance that sport is alive and well and growing in UCT and is in good hands.



# THE SPORTS SCIENCE INSTITUTE

by Donny Jurgens, Outreach and Development Manager, Sports Science Institute

**G**reetings from the Institute. Congratulations on yet another edition of Campus Sport. It was somewhat nostalgic to be asked to write an article as I was involved with the production of Campus Sport for the last few years. I am very familiar with all the work that goes into the production of this orientation edition. Let me add my words of welcome to the world of sport at UCT, especially to the new students. In this article I would like to tell you briefly about the Sports Science Institute and in particular how the Institute could benefit sport at UCT.

About five years ago two prominent South Africans, Tim Noakes and Morne Du Plessis, had a dream. They dreamt that sport had the greatest potential to heal the wounds of generations of division and injustice in South Africa. They dreamt that sport could unite the South African nation. They dreamt that success on the international playing fields would excite a new patriotism in South Africa. Out of this dream was born the Sports Science Institute of South Africa.

If one bears in mind that 5 years ago we had not had the first democratic elections, and Rugby World Cup and African Football glory was nowhere in sight, then it becomes apparent that Tim and Morne were "Spot On" in their vision. Tim Noakes, world renowned sports scientist and Morne, the most popular Springbok rugby captain, realised that South African sportsmen and women needed the highest level of scientific support if they were to bridge the gap caused by years of isolation. It is thus that they set the following objectives for the Institute :

- \* to undertake world class research in applied sports science,
- \* to apply the knowledge acquired,
- \* to improve the competitiveness of South African sportpersons and
- \* to assist in making the benefits of sports science accessible and affordable to the broader South African community.

A detailed written account of the Institute's activities would not do justice to the many exciting activities happening on the four floors of the Institute. The only way to appreciate the extent of the Institute's work is of course a visit. Let me extend an immediate invitation to the executive committees of all interested clubs, to contact me to arrange a guided tour. For UCT clubs we will waive our usual fee for tours. Let me nevertheless give you a quick summary just to whet your appetites.

## 1. Research Unit.

Headed by Professor Tim Noakes, former chair of the Sports Council, this unit has become internationally recognised as a leader in sports science research. Equipped with some of the most advanced lab equipment in the world, this unit has already been responsible for some internationally acclaimed research results. One of our more interesting labs will blow you away. No really, we can generate wind speeds of up to 70 kms per hour.

In short, we can make you run the Two Oceans marathon in a blistering South Easter and afterwards you can take a lift down to your car and drive home.

## 2. High Performance Laboratory (Sponsored by ABSA Bank)

Here we strive to optimise the performance of all individuals with sporting talent, through scientifically based testing and through prescribing personalized training programmes.

## 3. Wellness and Lifestyle

The Institute caters not only for the high performance athletes but we also have a commitment to public service. Our Wellness and Lifestyle programmes are community orientated and aim at preventing or managing certain chronic diseases using exercise as the primary means of intervention.

These programmes include :

- \* Cardiac Risk Reduction and Reversal programme,
- \* Optifit Walk and Run Health Programme,
- \* Stop Smoking Programme,
- \* Weight Management Programme,
- \* Health Nutz - aimed at children, aged 8 to 10, who do little physical activity and need to improve their eating and lifestyle habits,
- \* Corporate Wellness and
- \* Stress Management

## 4. Outreach and Development

This Division's key purpose is to make the activities of the Institute accessible and affordable to the broader community. Many exciting projects were tackled during 1996 including workshops for coaches on basic sports science topics. The Division also visited George last October for a highly successful workshop for coaches in the area. I would be more than happy to arrange an introductory workshop for all UCT coaches. Although we do not cover sports specific skills, it is important for coaches to have a thorough understanding of warming up and stretching, nutrition in sport, training principles, sports vision and sport psychology to name but a few.

## 5. The Institute also has a state of the art Fitness Centre and Conference centre, all of which could be made available to UCT staff and students at highly competitive rates.

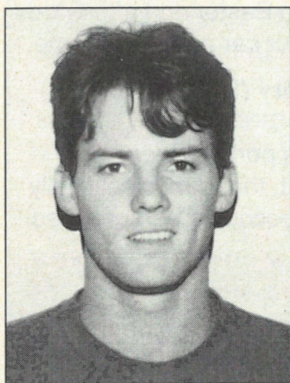
In short, the Institute is a one stop shop where all the needs of the UCT sportsperson can be taken care of. From a torn hamstring to advice on training and nutrition. We can even improve your hand eye co-ordination and advise you on what sunglasses you should wear. But don't believe me, make that call today, 686 - 6968.

Once again, best wishes for a super year of sport at UCT.

*(Donny Jurgens is the Outreach and Development Manager of the Institute, and also a former Senior Sports Administrator at UCT from 1990 to 1995.)*



# Welcome to UCT from SASSU



**Tim Deane**  
*Chairperson*

for every student at UCT to participate in the type of sport that they wish to.

We strive to attain the two goals on which UCT sport is based, namely the widespread participation in, and excellence in sport. Nearly half of the student body is involved in a sport clubs at UCT, which is a very good proportion, although we would like this to be even higher. UCT is also a strong force in the Western Cape and the country as a whole, and this sporting pedigree keeps us at the top of many sports.

I can really recommend sport as the best way to get settled here, to meet new people from all over the country and to make some life-long friends. The camaraderie of student sport is wonderful and unique, and many clubs have a very active social side to them. What is also very attractive are the excellent sporting facilities, despite nominal membership fees.

So from SASSU - UCT, I would like to wish you well in all your sporting and academic activities in the coming year, and may your Varsity days be the richest they can be!

**S**ASSU stands for SA Student Sport Union, and at UCT this body co-ordinates the various sports clubs, or codes, as they are also called. It provides representation, funding, and all forms of support to the clubs. The executive is a committee of students from a selection of clubs who work in conjunction with the Sports Council, Student Parliament and Sports Administration for the creation, development and maintenance of student opportunities in sport.

A big welcome to UCT and a bigger one to sport at UCT. On reading this magazine I'm sure you'll be overwhelmed by the diversity of the numerous sports on offer here. We pride ourselves in this as it provides the opportunity

## Internal League and Inter-res Sport

**D**uring the September vac in 1996 a Inter-Res Sports Festival was held which was a huge success and enjoyed by all those who participated.

**The residences who participated were:**

**Baxter Hall  
Clarendon House  
Leo Marquard  
Kopano  
Tugwell Hall  
Fuller Hall  
Glen Res  
Liesbeeck Gardens.**

**Varietas  
Smuts Hall  
Woolsack  
Kilindini  
Forest Hills  
Groote Schuur  
University House**

The sports offered were basketball, netball, volleyball, indoor soccer and outdoor soccer. The aim of the festival was to encourage participation in sport by as many students as possible and to develop friendship and sportsmanship amongst the students.

The Inter-Res Sports Festival will be held again in 1997 and the Sports Administration also will establish Inter-Res Internal Leagues, which will run throughout the academic year, for as many sports as possible.

**Peter J. Buckton — Sports Administrator  
(Inter-Res and Internal Leagues)  
Phone: 650-3559**



# EMPOWERMENT OF WOMEN IN SPORT

University life is a time for embarking on new ventures and seeking challenges and experiences. It's also a chance to examine areas we've often taken for granted. For example the sport and recreation programmes in which we participate. Have you ever wondered why there are so few female cricket or rugby teams, or why netball isn't popular among males? Why are most coaches and sport administrators males?

In a sports context "gender equity" or "empowerment" can be interpreted as the process which provides women (and men where necessary) with the necessary skills, expertise and accompanying power and authority to operate at all levels of all South African sports. In theory this sounds simple, but in reality women experience many obstacles and constraints that ambition, determination and talent do not necessarily overcome. Examples of these constraints are varied, and include lack of skills, poor self confidence, career and study responsibilities that often are balanced with family and domestic chores, child responsibilities, cultural and social norms, and sexist attitudes and behaviour. Removal of legal and procedural barriers are obviously critical in addressing imbalances, but are not enough if the social and cultural norms which underpin and sustain the ideologies of oppression of women, remain intact. Resistance from family, partners, or husbands could prove to be the greatest obstacles.

It isn't likely that women at all levels of sport prefer less recognition, less money and fewer choices than male counterparts; but without necessary skills and experience, many lack the confidence to progress. Discrimination is often indirect; rules, policies and practices have different impacts on the opportunities available to men and women. Women do not necessarily wish to participate in the same activities as men; but activities of their choice should be administered in a fair, unbiased and just manner. There needs to be fair allocation of resources and opportunities for growth and development for both males and females. There needs to be a "process of correcting the sex discrimination, sexism, inequalities and imbalances which exist between males and females in South African Sporting practices".

Why is gender equity important? Simply, it's a matter of democracy. Sport is important in the lives of many South Africans, and potentially many more should become participants. At present males comprise the majority of players, coaches, officials and administrators. Females remain a significant minority, except in socially defined "female sports" e.g. netball, synchronised swimming, etc. This imbalance translates into lower membership, a limited participation base and fewer potential leaders. It also means that many women are missing out on the many health benefits of participation in sports.

A starting point might be to obtain agreement on common constraints, and the identification of areas in clubs and sports codes where inequalities exist; then securing a statement of commitment from sports administrators and leadership of the various sporting codes.

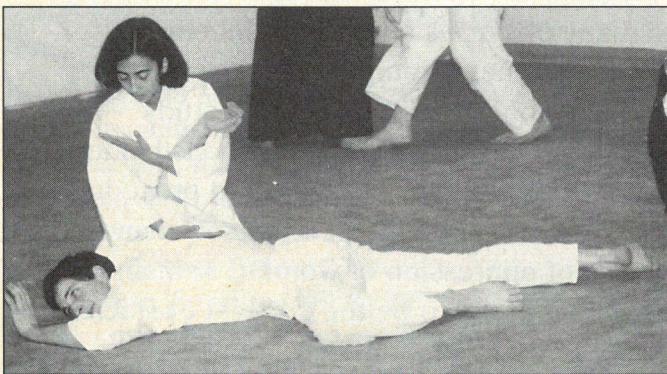
Empowerment of any marginalised group is a collective effort, most often by the groups' members themselves. A concern with gender equity programmes is that women not as well qualified as men will assume positions in sports organisations. Adopting corrective "catch-up" measures will prevent this situation. The reality is that equal access does not yet exist, and therefore gender equity programmes do have a place in South African sporting organisations.



# AIKIDO

UCT was the first University in South Africa to offer Aikido way back in 1975. Now we are one of four clubs in Cape Town, and part of the larger National organisation known as AFSA (Aikido Federation of South Africa), which is affiliated to the IAF (International Aikido Federation). "What," you may ask, "is AIKIDO?"

Aikido is an extremely soft, almost purely defensive Japanese martial art that places great stress on the complete relaxation of mind and body. Techniques are based on reaction to an attack and involve arm and leg motions that are nearly all circular. Evasion techniques and the pressing of vital points are employed extensively in response to an attack.



Although Aikido may not have the same dramatic impact of some other martial arts, it does have tremendous value for its students. Firstly, there is the development of rhythmic movement and physical fitness, both integral parts of martial arts training. Secondly, it encourages discipline and non-violent attitudes towards the opponent; indeed, Aikido principles have been utilised extensively in the field of conflict resolution. Thirdly, it teaches the effective twisting, bending and stretching of the joints and limbs, thus enabling them to become supple and strong. Lastly, it increases the student's awareness of posture and good body-alignment, and improves reactions, perceptions and co-ordination. One learns how to use the opponent's force, to bring that force into one's own circle and thus neutralise and bring the attacker under control.

Our activities during 1996 included two visits from high-ranking instructors from Yugoslavia and Italy in the first semester, and a National winter-school training camp in Port Elizabeth during the mid-year vacation. A summer-school training camp took place in November, led by the head of the International Aikido Federation. The UCT Aikido club also gave a number of demonstrations at UCT and in locations around Cape Town throughout the year.

Upcoming events for 1997 include the Orientation Week demonstration and beginner's course, the incorporation of regular outside practice on week-ends for sword and staff training, the winter-school in July, and visits from overseas instructors. The growth of Aikido in Cape Town has also made possible the holding

of joint training camps where students have the opportunity to train under all the local instructors.

The amount of time it takes to become proficient at Aikido varies, frequency of practice obviously being one factor. We practice three times per week in Sports Hall 3 Sports Centre.

Tuesdays	12h30 - 14h00
Wednesdays	19h00 - 21h00
Thursdays	12h30 - 14h00

A further class is given on Saturday mornings at Cape Town dojo from 07h00 - 09h45. Aikido is simple when you know how. How quickly you gain that know-how depends only upon yourself.

What about Aikido and Women?. There is no separation of the sexes either in practice or in grading standards. There is no age limit and both young and old may safely participate because of the non-aggressive philosophy involved. Expertise is judged on ability, not physical strength. One British woman, a 4th Dan, summed it all up when she said:

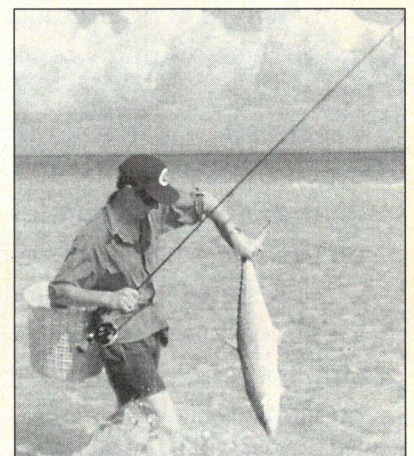
"The choice of Aikido out of all the martial arts for me, as a woman, was the sheer effectiveness of it, and the fact that that this skill can be acquired without muscle power or loss of gracefulness."

If the thought of doing Aikido has tickled your fancy, come and see our stand on the Plaza during Orientation week, watch the planned demonstrations, attend the weekend beginner's course at end of Orientation Week, come to our normal classes, or contact;

<b>Jawaid</b>	<b>47 0644 a/h (Chairperson)</b>
<b>Ismail</b>	<b>686 9284 a/h (Media Officer)</b>
<b>Radia</b>	<b>692 2004 a/h (Secretary)</b>

# ANGLING

The UCT Angling club caters for all disciplines of angling. From fly fishing for trout in the beautiful Cape streams (which are an hours drive from UCT) to salt-water fly fishing, rock and surf for the people who like the big rods to artlure fishing for bass and other willing takers.



The UCT Angling club is in the unique position of having its own trout dam on its doorstep. This dam was stocked by the Angling club at the beginning of winter for the last two years and has provided good sport. The biggest trout of 1996 was close on 3 lb. The dam also contains small mouth bass, kurper and carp.

The bass fishing was also relatively good in 1996. The club financed a trip up the coast to Sedgfield for



the Garden Route Bass Classic in March and the results were . . . well, lets say we had a really good time and we will definitely be going back there in 1997. Garrick and Grunter were also caught in the Swartvlei estuary on this trip.

Not very much rock and surf fishing was done in 1996 due to a lack of interest but we did go to Vleesbaai in September where a couple of small mussel cracker and blacktail were caught.

**For further information, please contact**

**Hannes Gildenhuys at 689 4101 or**

**John Titlestad at 61 2352.**

**Contact Sports Administration: 650 3564, 650 4067**

## Aquatics Clubs

If you are interested in competing for UCT in swimming, synchronised swimming or springboard diving then join the Aquatics club. The main annual event is the SASSU tournament at the end of the year where one competes against all the tertiary institutions in South Africa. UCT always sends a strong team and we always have a good time.

The 'Learn to Swim' program, for those who don't know how to swim or those who want to improve, will be run at the beginning and the end of the year. The course starts in the first week of term, but the water gets cold quite quickly so please sign up early and attend from the beginning for maximum benefit. For more information about competing, training, learning or socials, come and see us on the plaza during orientation week or contact.

**Marc Nortje (Chairman): 685 4769**

**Clair Moquire (Vice-Chairman): 689 2153**

**Lydia Hall (Sports Administrator) 650 3558**

## Archery

This year the UCT Archery club has its own outdoor range on campus! Situated, at the top of Upper Campus, it caters for distances of up to 90 meters. The Butts have been constructed by the chairperson of Western Province Archery, Malcolm Todd. We have decided to move away from the traditional method of straw butts and have opted for the more modern cloth filled butts.

The new range will allow us to spend most of our shooting time outside, as opposed to past years where we have been confined to the sports centre. The range itself is quite a site. Just a few seconds from Ring Road and you are in the middle of the forest. It is the ideal place to unwind and take a break from your studies. Members who have proved themselves trustworthy will be able to make use of the range outside of practice times.

The beauty of it all is that it only costs R35 for the year and all the equipment is supplied to you free of charge. Another plus is that archery is an Olympic sport.

Our Coach, Malcolm Todd, will be there to assist those who have no experience. During the past 3 years of the club's existence we have taught about 200 students to shoot.

Note that membership will be limited to ensure that there will be enough equipment for the members, so make sure you sign up as soon as possible.

**For more information please contact;**

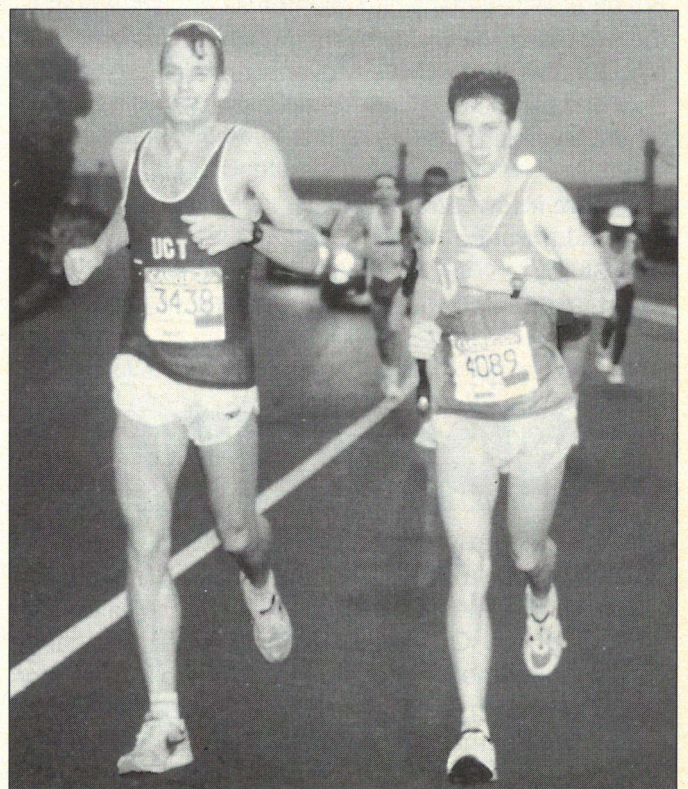
**Warren Margolin 685 1514**

**Peter Buckton (Sports Administrator) 650 3559**

## ATHLETICS

"Running is creative. The runner does not know how or why he runs. He only knows that he must run, and in doing so he expresses himself as he can in no other way, he creates out the instability and conflict something that gives pleasure to himself and others, because it releases feelings of beauty and power latent within us all. I believe that we must all find some creative activity in which we can achieve a measure of success." (Roger Bannister 1995)

Running has been central to the success of many great people and there is no reason why it should not hold the same benefit for you. "Runners are often overly concerned about their physical health, have poor sleeping habits, chronic fatigue, daydream often, are absent minded, procrastinate, have an inability to make decisions and are constantly trying to understand the riddles of life." (William Sheldon 1945)





Do you occasionally feel the urge to run around the block, run a local fun run or enjoy the adrenaline build up with legs that feel like lead on route to the finish of a race?

If you run merely to stay healthy or because running has become an integral part of your life, the Athletics Club is the club to join. UCT Athletics club has a long history of successful athletes. It also has had a large number of average athletes who seldom made use of the facilities offered by the club. Every day at 17h15 athletics club members meet at our clubhouse at the Oval to go for a run.

These runs vary in intensity and cater for a wide range of levels of fitness and talent. The Athletics club makes use of the experience of our two coaches, Dion Middelkoop for Road Running and Cross Country and James Evans for Track Athletics.

During 1996 we had a very successful programme for beginner runners to prepare them properly for the Gun Run. In 1997 we will be continuing with this program, me as well as a similar one to prepare runners for a race in the first half of the year.

#### Our training sessions are structured as follows:

	Road experienced	Road beginner	Track
Monday	10 km	.	
Tuesday	10 km or Track	5 - 10 km	Track
Wednesday	10 - 15 km	5 - 10 km	5 - 10 km
Thursday	10 km or Hills	5 - 10 km	Track
Friday	Rest		
Saturday	Race or 12 km	Race or 10 km	Race
Sunday	15 - 30 km	5 - 10 km	5 - 10 km

There are a large number of events which happen during the year for Athletes participating in all three disciplines. There are the normal provincial races, which are attended by many club members. We enter teams in the two major road relay events which are tremendous fun. A number of university events are also organised involving competition between club members, reses and other universities.

#### For more information contact:

**Gareth Laurance** 689 4924

**Niel Saxby** 685-4041 → 5958

**Sports Administration:** 650 4067/3564

were. We surprised everyone including ourselves with such a wonderful first attempt, but this only reflects the determination of our club members.

Now that the Club is alive, 1997 will be based on continuity. Our energetic task force will make sure that the club and its members attain their goal in badminton where possible. Even more can be achieved with more members. If you are keen to experience the sensational fun of badminton championships of all types, then you will definitely find satisfaction by joining the Club. From under 18's to veterans not forgetting inter club competitions, that's guaranteed excitement for everyone. On the other hand, members also enjoy a good game, laugh, pizza and beer!

The club is really open to anyone regardless of age and fitness. Keeping it in the air is the trick. If I can, you will. See you on court!

**For more information please contact;**

**Pat Williams 650 3557 - Sports Administrator**

## Basketball Club

The fact that no fewer than 10 of UCT's players and coaches were provincial and national representatives last year, earmarks basketball as one of the fastest growing sports on campus, not to mention country wide. In 1996 our men's 1st side won the 1st League, 2 players were selected for the national side, 2 for Western Province, and the coach had the privilege of coaching the National Women's Team. The women's 1st side placed 2nd in the 1st League, with one player being selected for the national team, one for the WP Open side, and two for the WP under-18 side. The women's coach led the WP U-18 side, and was awarded Coach of the Year by WP.

This is not all that basketball has to offer or is about. The Sport Centre at UCT provides the club with 3 full sized courts to cater for the 3 men's and 2 ladies teams in the WP League, as well as the internal league for those who prefer to play socially. Outdoor courts on Middle Campus, Liesbeeck Gardens and Forest Hills are available for res players, internal league and development teams.

The club holds a number of social functions throughout the year, as well as an annual prize giving dinner, where all players are invited to enjoy a fun and food-filled evening. In the middle of the year, the club plans to re-run the basketball extravaganza. This features 3-on-3 competitions in various age-groups, 3 point and half court long distance shoot-outs, slam dunking - all with great prizes to be won.

Various coaching clinics in the Cape Town area are held to widen players skills. Our players coach and assist school teams all over Cape Town, and the club hopes to do some groundwork this year in establishing, funding and coaching some development clubs in False Bay.

## BADMINTON

1996 saw the revival of the Badminton Club. Besides practising twice a week (Tue 19h30 - 22hr, Thu 19h30 - 22hr), we had 3 teams in the WP league and all of them performed well. Our members went beyond regional competitions when four of our players were selected for SASSU Western Cape. The SASSU National Badminton Tournament was held at Fort Hare University and I'm sure you figured out who the national champions



To recap : UCT Basketball is accessible to all, provides outlets for any of your sporting needs - from fitness machine, social player to community-minded coach. See us on the Plaza during Orientation Week for first hand information or keep an eye on the noticeboard on the Lowest Level of the Students Union.

**You can also contact: Kaibe Mollo 478 758 (H)  
Pelayo Omotoso 762 1956 (H)  
Peter Buckton 650 3559 (Sports Administration)**

## ZONE 6 AFRICAN GAMES: BASKETBALL

Malawi hosted the 7th Zone 6 African Student Games in Zomba. A men's and women's basketball team, sponsored by Nike, were part of the South African contingent.

After we arrived at Blantyre International Airport, a rather bumpy 1.5 hour bus trip took us to Chancellor College, Zomba, where the games were to take place. In less than ideal conditions on outdoor courts both the men's and women's teams soon established themselves as favourites.

The South African women were by far the best team. They thrashed all the other teams, winning their worst game by 93 points and taking gold relatively easy. The men's team had a harder time on the court. We beat the defending champions Namibia in our first game by 46 - 39 in what proved to be a very physical encounter. However, the performance of our team improved visibly during the competition. The basketball became more and more convincing and we won all our other games against Zambia, Malawi and Zimbabwe as well, to take the gold medal back home.

Both teams will defend their titles in Harare in 1997 as a final preparation before they compete in the World Student Games in Italy in 1997.

**C J Trauernicht — Tel: 689 4721**

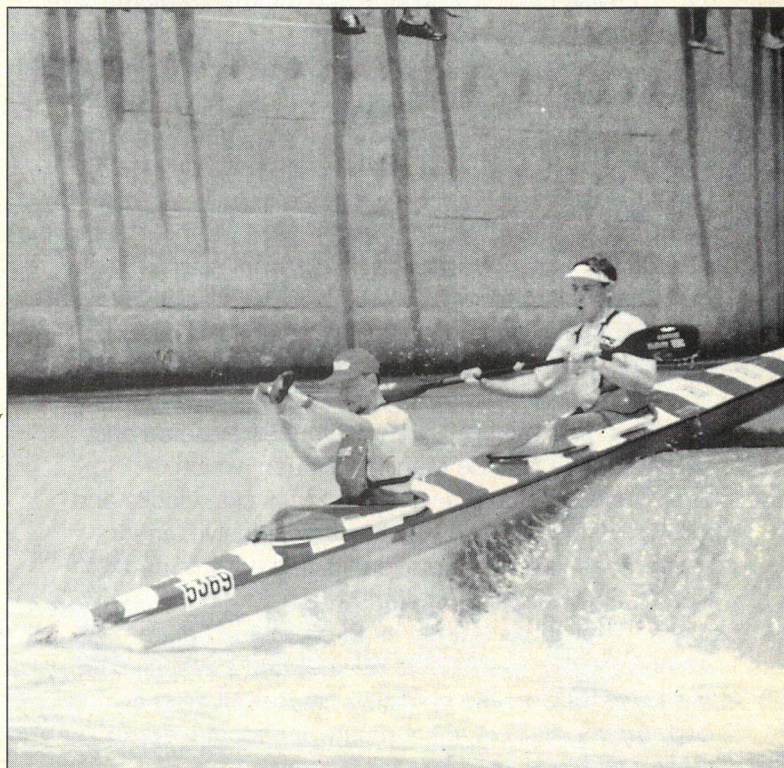
# BOXING

Boxing resurfaced at UCT in 1995. During 1996 Sports Administration arranged for the club to use the "Dairy" for their training sessions. The "Dairy" is situated in Liskeard Rd, below the Medical School campus. The club holds daily training sessions from 4.30 - 6.30pm. The club will affiliate to W.P. Amateur Boxing which will allow our boxers to participate in tournaments during 1997. The National SASSU body are attempting to arrange a tertiary competition in July.

**Contact: Zoleka Donono 86 2528 (Vice-Chairman)  
Babalo "Bushy" Mviti 685 4351 (Organiser)  
Sports Administration: 650 4067/3564**

# CANOEING

Canoeing at UCT revolves around two main activities: canoe polo and river racing. The club has a full set of canoe polo bats and members play polo weekly in the UCT swimming pool during summer. Canoe polo as a national sport has grown in the last few years, and there is now a national championship tournament every year. For most UCT members, though, canoe polo is a much more social activity, and a good way to learn how to sit in a canoe and use a paddle.



The river racing season occurs during winter in the Western Cape, with the two highlights of the local season being the Berg River Marathon for K1's (singles) in July and the Breede River Marathon for K2's (doubles) in September. There are shorter races every Saturday from about April to September, covering most stretches of the Berg and Breede, as well as many of the dams, vleis and lagoons in the province. Most UCT members train at Sandvlei using the Peninsula Canoe Club's facilities, although some also train at the Milnerton Lagoon.

The Canoe Club merged with the Triathlon Club in 1996 in an effort to increase the number of active canoeists, and to encourage interested people involved in one of the sports to try out the other. UCT canoeists are fortunate to have access to several boats owned by the club. In addition to the canoe polo equipment, we have several K2's for both flat-water and river use, two surfskis, as well as some stable K1's for beginners to learn in.

**For more information please contact:  
Clive van Horen 650 2420  
Peter Buckton 650 3559 — Sports Administrator**



# Chinese Wushu Club

The popularity of the UCT Wushu Club has grown remarkably since the club's inception and the club will be expanding its membership and activities in the coming year. The club is active in the development of Chinese martial arts both on campus and at grass roots level. An annual subscription and monthly fees are payable but a limited number of bursaries are also available to students who find these difficult to meet.

Unlike most martial arts, the internal (or soft) techniques practised by the Wushu Club do not depend on muscular strength. The secret behind the power of the internal system lies in the cultivation and practical application of internal energy, or chi. There are basically three internal martial arts: Tai Chi, already fairly well known, and Hsing I and Pa Kua, both relative newcomers to the west. Although these are not essentially "fighting" arts, they are devastating as systems of self defence.

The club offers classes in Tai Chi and Internal Shaolin. Tai Chi Chuan is an ancient Chinese system that emphasises health, stress release and self defence. In Shaolin one learns various systems and forms. These include Man Tze Chuan, which encompasses all the basic punches, kicks, blocks and throws, Hsing I Chuan which is an explosive, linear system based on the traditional five elements and Pa Kua Chang which is a system with a strong circular basis. The club is trained by Sifu Michael Lan, a knowledgeable martial arts teacher and a practitioner of traditional Chinese medicine. Michael Lan is a closed-door disciple of the highly respected, grand master Dr Lin.

The club welcomes beginners and has a number of activities planned for the coming year. These include Martial Art demonstrations, video sessions, a number of social events and training weekends-away. If you have any questions please feel free to contact us.

## Contact

Michael Lan 762 0053  
Samantha Cook 762 7056  
Heather Sherwin 650 4090/61 8157  
Sports Administration: 650 4067/3564

# Cricket Club

The UCT Cricket Club is one of the top-ranking clubs in the Western Province at the moment. The superb facilities available to UCT students include 3 indoor nets in the Sports Centre, several outdoor nets and two fields. Our main field is the Groote Schuur Oval (just below the Woolsack Residence), where a new pitch has

just been laid. The second pitch is at the Rhodes Recreation Ground (next to Kopano Residence) and is shared with the soccer club in winter.

The club has four teams at present, including a colts XI composed of first year students only. With the guidance of West Indian coach Emmerson Trotman, and the help of sponsors Trustbank and Superjuice, all teams have been very successful.

Many Western Province Teams include present or ex-UCT cricketers; at least five currently playing in WP "A" or "WP "B" teams. We are pleased to have a South African International cricketer, Brett Schultz, playing for us this season.

UCTCC is not only known for its successes on the playing fields: the clubhouse has been the scene of many memorable parties, especially on Saturday nights. In 1997 the newly refurbished clubhouse will carry on the tradition.

Other events to look forward to this year include the Intervarsity against Stellenbosch, the annual six-a-side, an Orientation Week club braai, and the end of season dinner.

There is something for everyone at UCTCC. A women's team was established in 1996, and they have now joined a league organised by the Western Province Women's Cricket Association. They also hope to start playing in Action Cricket leagues to encourage those who aren't so keen on the more competitive outdoor game, but still want to play the game.

Cricketers playing for UCT give 110% effort, whether playing a match or in practice. Many players also assist with the Superjuice Development Programme, either coaching children from underprivileged communities or playing in development games.

## For more details contact

Kobus Olivier 650 3555 (Sport Administrator)  
Emmerson Trotman 650 3564 (Coach)  
Nicola Husemeyer (women) 689 7414 (Home)

# Cycling Club

The club has been extremely active over the years, but it needs your support!!!

1997 promises to be full of action and includes some events not to be missed. The club caters for all aspects of cycling, so whether you are into social riding, tandem racing, mountain biking, etc. we have something for YOU!

This year will kick off with the "FRESHERS TOUR". This is normally a two day event which covers some of the most exciting terrain in the Cape. If you want to meet other cyclists and boost your training schedule, then this tour is a must.

Next are the PRE and POST ARGUS gatherings.



The more serious riders will be psyching up for the Argus, while the less serious riders will be partying! The PRE-event gives you the opportunity to register for the race in addition to the more mundane things such as eating carbo's.

Up next is the April training camp, which is intended to prepare the more serious racing cyclist for the INTER TERTIARY competitions is staged.. The three day camp includes sprinting sessions, hill climbs, criterium riding, long road stages and so on.

In July, usually in the first three days, the annual INTER TERTIARY competition. In 1997 UCT will be hosting this event. Traditionally known as SASSU, it gives serious racing cyclists an opportunity to compete against each other. The Cape events (hosted by UCT and Stellenbosch) are usually the most popular due to the choice of routes available. Anyone who has cycled in the Cape should know what is being referred to!

Towards the end of the year, the club has it's AGM and a Dinner/Dance. The AGM provides an opportunity to get onto the club committee, a worthwhile step for anyone who is willing to put something into the sport.

Join the club NOW and become passionate about cycling!

The Criterium was by far the most inspiring event, with the road lined by spectators, and National television making their presence felt.

There were three heats of 35 minutes plus three laps, and the final of 45 minutes plus four laps. We all dodged some dramatic crashes, and luckily made the final by placing in the top ten, out of approximately 60 riders, per heat. Unfortunately only two riders from our team were in the sprint for the line.

By far the most gruelling of the events was the 62 km team time trial. We completed the course in 1 hour 28 min, which earned us a 6th position. The winning time, by the University of Wollongong, was about a minute faster, their team including one of Australia's leading time trialists who had just returned from the World Duathlon Championships in Italy.

Overall we surprised many of the overseas teams by our performance at the Games, especially in the Road race. Many of the team managers have expressed interest in sending a teams to South Africa to compete in our SASSU Cycling Championships in July this year, which will be hosted by the University of Cape Town.

**For more information contact:**

**Ryan Dingley 618 935**

**Andrea Unser 7220614**

**Lydia Hall 650 3558 - Sports Administrator**

## AUSTRALIAN STUDENT GAMES

I was fortunate to join three cyclist from the University of Stellenbosch, including the 1996 SASSU Cycling Champion, Aurret van Zyl, to compete at the Australian Student Games in Canberra in October 1996.

Student sport is displayed in Australia through these annual Games and is coming of age as a major sporting event. There were 60 Universities competing with approximately forty of these represented in the cycling events. The Games were organised with an Olympic atmosphere in mind, with an opening ceremony at the Bruce Stadium, medal ceremonies after each event, Gala Dinners and a closing ceremony that was accompanied by a spectacular fire works display.

The cycling event was professionally organised, especially in the light of the large numbers of competitors in this event. The men's events drew 200 cyclists, and in addition there were 78 women cyclists competing. 200 cyclists competed in the Road Race over a distance of 78 km, which was relatively short for us, because we are used to racing over 100 km at our Federation races. This event saw Aurret van Zyl in a four man break, but he unfortunately failed in the final sprint. The remainder of us were in the chase group, finishing the course in under 2 hours with an average over 40 km/h and the most finishers in the top twenty.

## Fencing

Does the idea of duels in the setting sun, the sound of blades meeting on sun-soaked beaches appeal to you? If so, fencing is your sport. UCT Fencing Club offers tuition for both novice and advanced fencers. Furthermore, we provide all equipment, mask, jackets and of course, blades. We are affiliated to both national and provincial governing bodies and regular competitions are held at both levels, giving you the chance to match your skills with other fencers throughout the country. For the less competitive fencer there is the opportunity to learn and old and graceful art. So, what is left for you the new fencer to do? As in any sport practice is essential. We practice twice a week, Monday and Wednesday evenings, competitions are held on weekends. We would encourage you to attend all practices as it will definitely enhance your enjoyment of the sport. On a more social note, the club holds as highly important its recreational side, so whether it's fencing on the beach of flattening the Cape's wine routes, there's no shortage on the social aspect! Interested?

**For more information contact:**

**Gordon Webber 531 9749 or**

**Mark Burgess 689 3852**

**Pat Williams (Sports Administrator) 650 3557**



# GOLF

The UCT Golf Club has throughout the years been a very successful and active club. Over a hundred members signed up last year. The Club uses the Rondebosch, Mowbray and King David Golf Clubs as their home clubs, and members of the UCT Golf Club receive special rates when using these venues. The Club organises many tournaments at courses all over the Cape during the year. The three major tournaments are the Freshers Strokeplay, the UCT Club Championships and the American Scramble. This year we will be introducing a handicapping system for members that are not members of any local clubs. The UCT Golf Club also caters for the more serious golfer in that we take part in a few competitive events during the year. The Trivarsity event against Stellenbosch is eagerly contested each year as well as the SASSU Intervarsity held around the country in December. The Golf Club has also in the past years sent representatives to the World Universities Tournament held at St. Andrews in Scotland. The Golf Club welcomes all golfers from beginners to aspiring pro's. Fun and companionship is what we are trying to achieve at this club.

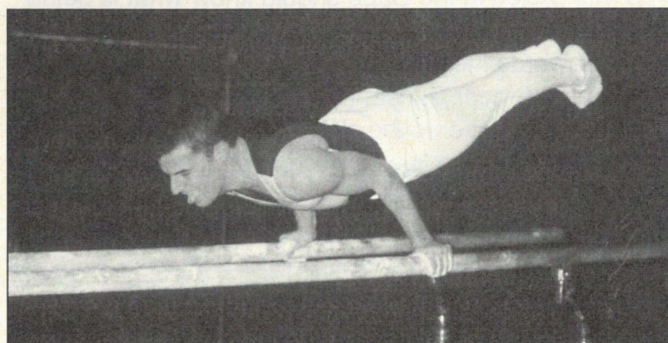
Contact: Duncan Wood 686 4793

Kobus Oliver 650 3555 — Sports Administrator

# GYMNASTICS

Perhaps one of the first things that springs to mind (excuse the pun), when you think about gymnastics is how you could never do it. How wrong you are! The UCT Gymnastics Club is a club that accommodates gymnasts of all levels, from those who like to lie around on the mats to those who hurl their bodies about with reckless abandon, and all levels of reckless abandon in-between.

We train in a fully equipped gymnasium (Gordon's Gym), under the expert eyes (and hands, and feet ....) of excellent coaches. Training is geared towards teaching new things, and to getting fit, strong, and supple enough to do those things. But don't be mistaken - this is no



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boot camp. This an opportunity for those of you who have never done this sort of thing before, but are ready to come and have a blast.

We do compete in competitions through the year, our main tournament being the SASSU Gymnastics Competition. In 1996 we had a very successful campaign with 4 men and 9 women gymnasts representing UCT over a wide range of levels. The aim of the meet is to have as much FUN as is humanly possible; to compete and to do your best! Apart from SASSU we compete against Stellenbosch and UWC in a Tri-Varsity competition; as well as a few "fun" competitions scattered throughout the year.

This year we are thinking of including a **TUMBLING** section to the list of things-to-do-while-at-Gymnastics. This is a relatively new discipline in the realm of competitions. We have, however, experienced a hearty degree of success in the last two years that we have competed in it, with Vicky Holling winning the Elite Tumbling in 1996 (and receiving her Half Blues for her efforts).

Gymnastics **MUST** be on your things-to-join-list as:  
*It is a source of much enjoyment and healthy laughs*  
*It is full of holistic exercises (which are so good for you)*  
*Teaches balance, co-ordination, body-orientation*  
*Suppleness*  
*Be the envy of all you friends when you show them your roly-poly*

We will be holding an 'Open Day' in the first month of the university year. It will be your chance to try out the tricks you have always dreamt of. Keep your eyes on the notice board for details.

So here's a message for a mellow together person who can organically relate to some meaningful advice and upfront feedback. It doesn't rap about being in touch with yourself or doing your own thing. It doesn't get into power trips, or getting your space invaded . . . it just says:

Be a gymnast, come stand on your hands and rave! .... with UCT Gymnasts.

**For more information contact**

**Allison Berisford 794 5870; Lee-Ann Harwin 589130**  
**Lydia Hall 650 3558 - Sports Administrator**

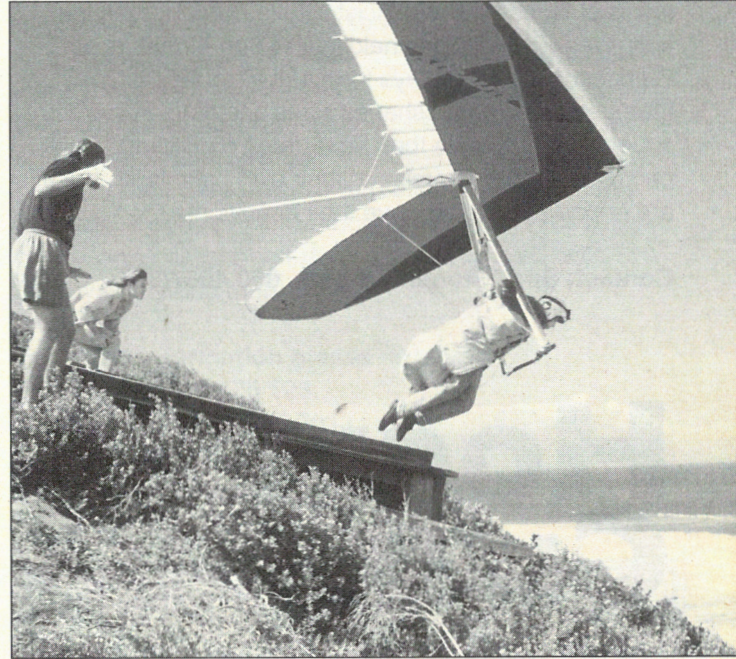
# Hang-Gliding Club

Hang gliding is a small yet dynamic club, offering students the chance to experience bird-like flight, for very little expense. This is the most exciting form of aviation there is.

1996 was a good year for training and new pilots. For the first time, student pilots accompanied club chair John Stuart and vice chair Anthony Koeslag to Wilderness for a training weekend. Under the auspices of the Sandy

Bay Hang Gliding School, a number of new pilots completed their dune training and made the transition to mountain flying. The club purchased a training glider capable of carrying large pilots, and so was able to accommodate a couple of 'heavyweights' (including an ex UCT Rugby team member). We also bought another Zenith 1 beginner glider and a few harnesses, to bring our complement of soarable gliders and harnesses up to 6.

On the competitive front, John Stuart made the WP A team and was sponsored to the Nationals at Dasklip Pass, Porterville in December 1995, where he was placed 6th out of a field of 19 top national pilots. We actively encourage competitive flying by sponsoring competition costs and certain league transport.



So how does one get into hang gliding at UCT? Once a member of the club, a student is eligible for a discount on training for their student licence. This takes place under the supervision of a licensed instructor. Student pilots write an exam and pass practical tests, before being allowed to use the club's gliders and harnesses. The 'buddy' system is very important in hang gliding, with more experienced pilots assisting newer pilots through the intermediate stages. Club members join up with other WP pilots to fly sites such as Scarborough, Sir Lowry's Pass, Blouberg Hill, Dasklip Pass and others. Club members fly almost every weekend, and are active in developing and maintaining local sites. We interact with provincial and national bodies to ensure safety, good public image and airmanship. Hang gliding is a way of life, embracing good flying, good friends, the great outdoors and great exercise.

So if you've always wanted to fly like a bird . . . see you at Fresher's Week in 1997. Just look out for the rigged hang glider and the friendly long-haired types sitting next to it.

**For more information please contact:**

**John Stuart 439 7369**

**Anthony Koeslag 762 5347**

**Sports Administration: 650 4067/3564**



# Health and Fitness

The Health and Fitness Club, one of the most popular clubs, holds aerobics and circuit training sessions at lunch times (Monday, Wednesday and Friday) from 12h40 to 13h20. Aerobics classes are also held on Tuesdays and Thursdays from 07h00 to 07h45 as well as Thursdays from 16h00 to 17h00. Aerobics classes are held in Hall III, and run by qualified instructors who cater for various levels of fitness. Biokineticist, Steve Burden, runs the circuit training sessions held in Hall I on Mondays, Wednesdays and Fridays from 12h40 to 13h00. Members of all ages, shapes sizes and fitness levels are supervised and have their heart rates monitored. Each person is able to exercise at their own pace level, but all are encouraged to improve their condition.

**Contact: Sport Administration 650 4067/3564**

# HOCKEY CLUB

It's true! -- Many a disbelieving, eye gazed on with amazement as, from beneath the virgin earth next to the highway, our much-talked-about-barely-expected, brand new, top-of-the-range, bar-inclusive CLUBHOUSE began to emerge

Throughout the season we have cast many a maternal (yes, even the boys) upward glance from our very own Astroturf towards the clubhouse's building site, where brick upon painfully placed brick marked the growth of a place which we shall soon all come to call home. This glorious acquisition will herald a new era for UCT Hockey club. It promises to welcome all club members to its beckoning hearth and to further the club's dedication to the integration of all 9 Men's and 7 Women's teams.

UCT Hockey club has various aims. The club insists on topclass coaches, some of whom also coach provincial and national sides, and who inspire great hockey from our lithe limbs. The standard of play especially in our top teams is, excellent with both of our first teams competing at grand challenge level. The foremost aim of our club, however, is the premise that we all play to enjoy the game and the spirit of teamwork that it generates. In fact, the men's new Dodo team has chosen to take enjoyment to its limit. This bunch of somewhat rambunctious hockey players are avid supporters of the social life of the club and rouse us all into many a jolly party vibe!

The club is firmly committed to developing hockey in the communities in and around Cape Town which have not had the privilege of sports facilities and coaches in the past. We require nominal commitment from all our members in the form of the coaching of junior school kids from Langa and Grassy Park. This award-winning project has received rave reviews from all that have been involved and continues to be part of a nation wide concern for the development of South African sport amongst all its peoples.

New clubhouse, our own Astroturf, good hockey, great people, GREAT vibe... what more could one possibly want?

**For more information please contact:  
Lydia Hall 650 3558 - Sports Administrator**

# JUDO

Judo is a Japanese martial art that has developed into a dynamic and exciting sport world wide, and as such is the only martial art that is an Olympic sport. It is a full contact sport for men and women that builds up both strength and a high level of fitness. Judo is also an effective and recognized form of self defence, (especially for women because it is close contact and you learn to defend yourself on the ground too!).

The UCT Judo Club training sessions are relaxed, enjoyable and cater for a wide range of skills and sizes. The people who train here range from white belts to a 4th Dan Commonwealth heavyweight champion as well as judoka who have participated in many international tournaments such as the World Student Games and the All Africa Games. This wide range of training partners and a top class coach in the form of Umberto Masconi, 5th Dan, provides the scope for anybody that starts judo to reach a very high level (as some of our judoka have proved).

Beginners classes are run for the first 6 months of each year, by which stage the beginners will be able to train with the seniors. There are individual as well as team competitions that can be entered in throughout the year. These enable those that want to test their fighting skills to do so. It must be stressed that although judo competitions are highly competitive, there is no dangerous aggression, and a strong sense of camaraderie exists amongst most participants. There are also many members who just do judo on a recreational level appreciating it for its own sake.

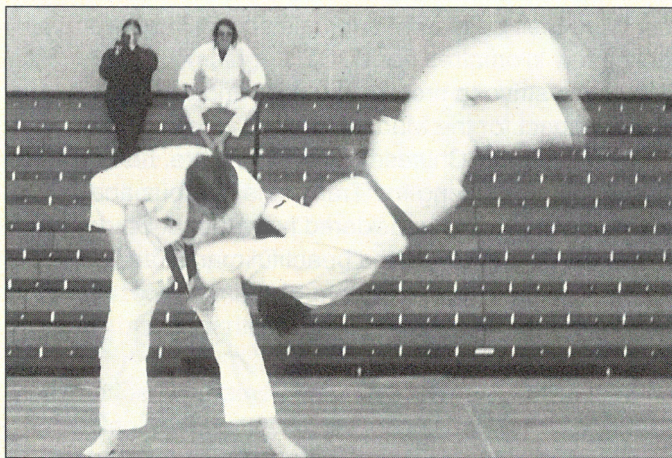
Training sessions are on Tuesday and Thursday evenings in Sports Hall 3. If you are interested, or have any questions, feel free to contact us.

**Yon Rosenthal 439 2952  
Sonia Michael 448 7153  
Sports Administration — 650 4067/3564**



# Ju-Jitsu Club

Ju-Jitsu is the original Japanese martial art based on the fighting styles of the Japanese Samurai warriors. It is an all-round, highly credible form of self-defence. While the essential principle of Ju-Jitsuis that of 'ju', meaning gentle or plain, this is not to say that Ju-jitsu is soft or won't work on the street. It means that the principle behind Ju-Jitsu is to use your opponents weight and strength against him, rather than trying to match your strength to your attacker's. Ju-Jitsu as an art encompasses all elements of fighting, from punching and targeted striking to throwing, grappling and ground work. The main idea is a system that is not flashy or incredible



but rather a basic system that works practically when you need it in a self-defence situation.

The UCT Ju-Jitsu Club is taught by Professor CB Gaven, who holds an incredible 9th Dan in Ju-Jitsu (one of only a few in the world!) and a 4th Dan in Judo. The classes are aimed largely at the beginner, with the essential aim being to build up balance, co-ordination and the ability to defend oneself. The Club holds regular classes on Monday and Wednesday evenings, with optional practice sessions on Saturday mornings.

We also have a number of other events on our calendar, including day long Gashkus (intensive training sessions where more advanced techniques are taught) and video evenings where fun movies are shown as well as training videos. At the end of the year, we hope to host the South African Ju-Jitsu Association Dem, an evening of competitions demonstrations and other Ju-Jitsu activities.

The road to a Ju-Jitsu black belt is not an easy one. It takes courage and will-power, as well as many hours of dedicated practice and effort. But it is highly worthwhile endeavour that not only gives you the basis of a strong, realistic self-defence aura but will build you up physically and mentally.

**For more information please contact**  
**Giles Embleton 475 123**  
**Kristi Mackintosh 685 7033**  
**Byron Changuion 689 4721 rm. 131**  
**Sports Administration — 650 4067/3564**



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**Weight Management Programme** — has been designed to aid individuals in achieving and maintaining a "healthful" weight through greater knowledge and awareness of healthful food choices and physical activity. During the eight week programme, participants are given the "tools" to personally achieve sustainable lifestyle changes and a healthful weight. Thereafter, participants join a more advanced exercise programme such as the maintenance programme, OptiFit or the Fitness Centre.

Telephone: 686-6968 Fax: 686-6969  
 Boundary Road, Newlands (next to the Norwich Park Rugby Stadium)



# Karate-Zen

Crimes committed against men, women and children are reaching mind-blowing proportions. Every day we hear in one form or another, of abominations being inflicted on people. This is one reason good reason to practice self defence.

1996 was a very good year for Karate-Zen, and started with a summer Gasshuku/camp at Rosies farm on the West Coast. Our success story was in the ladies division, with Carmen Sebastian winning a gold medal for kata in the W.P. All Styles Karate Championship, held at UCT. We also staged the national championships in September, where a record number of students took part in both junior and senior divisions.

UCT Karate-Zen offers a complete form of self defence, namely Okinawan Goju-Ryu Karate. Gradings are held twice a year, depending on how much study and training has been put in. If a student has participated in extra training, he/she will be sent for an extra grading.

There's a saying that goes "Bun Bu Ryo Do": Bun means academic study; Bu means martial arts; Ryo means together; Do means way or path. Therefore, if you only practice Karate and neglect other studies, you will fail to find the true or correct way. Or, more literally, academic study and karate together will lead to the right way.

Here at Karate-Zen we offer traditional Karate, which consists of kihon(basics), kumite(point fighting), kata(forms) and kobudo(weapons), etc. When we train in the dojo, nothing else matters. The goal is to develop the mental concentration and physical power to be able to move in and stop an opponent with a single technique: one punch, one kick.

Classes are conducted by Sensei Kamal Hamdulay (Black Belt, 2nd Dan), on Tuesdays 4-5pm, and Wednesdays 4-5pm.

**BE WISE, BE READY!!**

If you would like to join us, visit our table on the Plaza at Orientation Week, or contact Sensei Kamal 696 4091(H) 696 4091(Fax)  
E-mail: khamdul@ilink.nis.za  
Sport Administration — 650 4067/3564

# KUNG FU

The U.C.T. Kung Fu Club has been active in teaching traditional Kung Fu at UCT for over six years. We are affiliated to the Chinese Martial Arts and Health Centre which is currently the largest Kung Fu school in Africa.

The styles which we practice are Shaolin Northern Long Fist (Chuan Chuen), and Southern Family Fist (Hung Chuen). These systems are taught under the supervision of our head instructor, Sifu Marco Kavalier, who is, as yet, the only Westerner to be accepted as a personal student of Master Chen Chern Ho. Master Chen is one of the two most highly recognised practitioners of these style of Kung-fu, presently teaching at the Yang Ming Chan

University in Taiwan. All beginner classes are taken by qualified instructors with a minimum of five years experience.

In the first six months, a difficult but necessary training programme is implemented in order for students to reach the required levels of fitness and strength needed to fully benefit from their training. Students who show sufficient dedication will be invited to further continue their training at our main school in Mowbray, only a few kilometres from UCT.

We strive to promote humility and confidence, a deep respect for the Martial Arts and a better understanding of Chinese Culture. We are, however, a "hard" school of Kung-fu. Training is rigorous and discipline in class is considered necessary. Students learn both a traditional and beautiful martial art as well as a practical, effective system of self-defence. Our sparring is realistic, incorporating both long and short range techniques.

For those students more interested in softer side of martial arts, focusing primarily on health benefits and stress relief, we also offer separate Tai Chi classes at our main school.

U.C.T. Kung Fu Club is a development club, and accepts only beginner students. Classes are suitable for students of either gender and a high level of fitness is not a pre-requisite.

**For more information, please contact:  
Brett at 61 0767 or Andrew at 685 5308  
Sport Administration — 650 4067/3564**





# MOUNTAIN & SKI CLUB

To maintain sanity, every student must get out of doors as frequently as possible. Fortunately for you, UCT is ideally situated: the Cape boasts an extraordinarily plentiful and diverse menu of mountain-related opportunities, from the laid-back to the hard-core. What's more, the Mountain and Ski Club - with about 550 members the largest sports club at Varsity - is an exceptionally well organised and vibrant bunch of fun-loving people.

Our activities include the following:

hiking	backpacking
kloofing	mountaineering
traditional rock climbing	sports climbing
snow / grass skiing	pine hacking
hut building	socialising & partying

**HIKING:** We organise and lead day-walks and overnight hikes of varying grades every weekend during the term, and longer trails in the vac, e.g. Cederberg, Drakensberg, Transkei Coast, Tsitsikamma, Fish River Canyon and many more. Furthermore, the club periodically sponsors members to go on international mountaineering expeditions.

**CLIMBING:** Outdoor climbing meets with grades for newcomers and spiders alike are held on weekends and during vac. We also have two excellent indoor climbing walls, in the Sport Centre and at Med. School, which are the hub of the Cape Town climbing scene.

**ZUURBERG:** We administer for UCT a huge tract of awesome mountain property in the Hex River Mountains. This is where the snow skiing happens over the winter months; we have a fully kitted out ski hut and another hut which we will be rebuilding. During the summer, explore the magical Witels kloof or do your bit for conservation by coming on a pine-hack.

**SOCIALS:** We hold fun and informative slide-shows at 8pm every Wednesday in the North Council Room, Sports Centre. Also, don't miss our great parties Cheese 'n Wine, Barn Dance and the legendary Cocktail Party!

**EQUIPMENT:** The club has loads of equipment which members can borrow, including tents, backpacks, stoves, and climbing gear. If you want to read up on mountaineering, we have a well stocked library of books and magazines.

**COMMUNICATION:** Come to our stall on the plaza during orientation week to find out more, meet the committee, try out a climbing wall, and sign up. You will be sent a newsletter and meeting lists every quarter, and our notice-board at the University Avenue entrance to the Students Union will keep you up to date with the latest activities.

**Contacts:** Jeremy Wakeford 689 9710  
Rebecca Gary 61 2904  
Pat Williams 650 3557 - Sports Administrator

# Motorcycle Club

The UCT motorcycle club, fondly known as Ikey Riders, is one of the smaller sports clubs affiliated to SASSU. Despite the relatively small size, the club is one of the more active clubs, offering weekly breakfast runs and occasional day-trips around the Peninsula.

The main activity of the club is to enjoy the superb motorcycling experience offered by Cape Town. Another prime directive is to sample some of the finest breakfasts in the country. Over the past several years, a list of restaurants has been compiled that fulfill the high standard set by hungry student motorcyclists!

The club is hoping to have a garage available on upper campus this year, so that members can service or just tinker with their bikes whilst at Varsity. Most of the members are keen mechanics, and are always eager to help those less mechanically inclined. Also, discounts have been arranged at certain motorcycle dealers to save us money-stricken students a few pennies.

In all, the motorcycle club is the most enjoyable way of seeing the Cape - so join us for the ride of your life. Meet us on the Plaza during Orientation Week, or on the first Sunday of Varsity (before lectures start), at 9am in the Smuts parking lot. Alternatively, phone for details.

**Contact:**

Phillippa 531 9815 / 475 123 or Shane 531 8436

Pat Williams 650 3557 (Sport Administration)

# NETBALL CLUB

The UCT Netball Club grew in numbers last year, and was able to field five teams as a result - two more than previously. This made coaching more difficult, but in spite of this all teams entered the WP league. All teams played well, with the "D" team winning their section. In August tri-varsity took place at UWC - they were beaten by our "A" and "B" teams, who in turn lost to Stellenbosch.

Individual players also fared well and Gertrude Masebuku was awarded a sponsorship for a year at the SA Sports Institute. She is currently attending the WP Academy for Talented Players. Our umpires also did well and this year training to become an umpire will be emphasised.

**Contact:** Moira Tihagale (Forest Hills)  
Catherine Fitzpatrick 685 5111/2/3 (H)  
Lydia Hall 650 3554 (Sports Administration)



# Orienteering

*20 March Tokai East - Night Scout event*

1996 was a good year for UCTOC, and 1997 is expected to see the club grow bigger still. UCT took 3rd, 4th and 10th place in the Western Province Championships, and 2nd and 8th place in the inaugural South African Student Championships. @ *enroll 96*

Orienteering is a sport which requires both physical stamina and mental skills. Orienteers find their way through unfamiliar terrain with the help of a map and compass, choosing their own way, to find a number of control points marked by a red and white flag. Each control point has a pin punch for each competitor to mark their control card and therefore show that the control point has been visited. The person who visits all control points in the right order, in the shortest time, wins the course.

Courses vary from one to around thirteen kilometres, with varying technical difficulty depending on the age, fitness and experience of the orienteer. No special equipment is needed for beginners, and a specialised colour map of the area is included in the event fees. The sport is an excellent opportunity to get out into some of the Cape's beautiful forests, to get fit, and to have fun.

**Contacts: Graham Jennings 96 9631**

**Colin Dutkiewicz 641548**

**web page:**

**<http://www.uct.ac.za/depts/src/sport/uctoc/uctoc.html>**

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# PISTOL AND RIFLE

The UCT Pistol and Rifle Club's primary goal is the promotion of safe and responsible gun ownership. In past years we have not only been successful in conducting the Basic Firearms Training Course, but have also implemented the Practical Pistol Course.

We hope for continued support for this programme, which we plan to make fully operational in 1997. The course will not only expand on practical and tactical weapon employment, but will also encompass law related issues.

It is important to mention that one is not required to possess a firearm in order to benefit from what the club has to offer. In addition to our 3 target pistols we have obtained 3 combat pistols which, together with our reloading equipment, should be sufficient to cater for both the casual shooter and those interested in acquiring the knowledge necessary for firearm carrying and its tactical use.

We are looking forward to providing you with safe and valuable training regardless of your field of interest in the challenging year ahead.

**Contact:**

**Gordan Dodoja**

**Alexandra Burger**

**Peter Buckton**

**gdodoja@engmlab.uct.ac.za**

**790 3818 (H)**

**650 3559 (Sport Administration)**

# Rowing

There is a moment during the race when every oarsman in the crew pulls together as one, and with the combined effort, the boat lifts out of the water and is felt to fly.

Rowing is a unique sport unlike any other. It demands teamwork of the highest quality, as you give all you have within you for the team, and can expect that they are doing the same. It develops a bond of trust, camaraderie and the vital support that you need when you feel that you have no more to give.

UCT Rowing has two seasons which cater for the different needs of the individual. The Sprint season consists of many regattas held in various parts of the country. The races are 1000m to 2000m in length, and are raced in all types of boats from single man or woman sculls to eights. These regattas require a fair amount of travelling, which is a great opportunity to get to know the other club members. In 1996 UCTRC did especially well in the SASSU Regatta (formerly Intervarsity), winning all of the major events ahead of rivals Rhodes and Wits.



# RUGBY

UCT Rugby Club is a proud institution within the University. The Club has a rich history dating back over 150 years during which time we have produced the second most Springboks of any club in the country. The most recent being Robbie Brink during the 1995 Rugby World Cup. 1996 was the most successful season the club has had for years. UCT won 4 leagues in the WPRFU, the most of any club in the Western Cape.

Playing sport at University has numerous benefits. In a club like the Rugby Club with added elements like teamwork and comradeship, these benefits cannot be emphasised enough. Sport allows you the opportunity to meet people, while ensuring your stay at University is a balanced one.

The UCT Rugby Club has 4 Senior teams and 4 U21 teams. As previously mentioned our 3rd and 4th as well as our U21C- and D teams won their leagues in 1996. The 1st team finished 5th in the Grand Challenge. The U21A finished 3rd in their league.

Prospects for U21's look positive in 1997. The unbeaten C- and D teams of 1996 obviously provide a good player base. The majority of last seasons A-side still have another year at U21 level and it looks as though we will have 8 players from the 1996 Craven Week joining the club in 1997.

To all prospective players I urge you to get out there and play for your University. You are only a student once and it is an honour to play for such a great institution. Try not to let the new environment and all the distractions like beaches, blondes and beers keep you from making your way down to the fields on Upper Campus. Practices are on Mondays, Tuesdays and Thursdays at 5:30pm beginning the first week in March.

U21 Practices will be taken by the highly respected Gus Enderstein while the senior section is headed up by Alan Solomons and ex-WP Flyhalf Riaan Gous. Various friendlies will be played in March with the league beginning in early April.

Exciting developments in 1997 include the refurbishing of the clubhouse and the return to a better organised and more festive IKEYS vs. MATIES match.

For those people interested in social rugby. UCT has a thriving Internal League consisting of 20 Teams. There are 9 matches played every Wednesday evening beginning late April. The league provides an opportunity for friends to get together and enjoy a competitive match and a few social beers afterwards in the pub.

**For further information on Rugby do not hesitate to contact :**

<b>Kobus Olivier (Sports Administrator)</b>	<b>650-3555</b>
<b>Doug or James Boyes</b>	<b>686-6445</b>
<b>Graeme Wepener</b>	<b>(h) 797-6707 / 650 3562</b>



These successes led to the prestigious Performance of the Year Award at the annual UCT Sports Awards Dinner.

The second season is a winter season of training for the South African Universities Boat Race. This is a race similar to the Oxford-Cambridge Boat Race, and is held over a course on the Kowie River of 6km and 4km.

As you can see, the UCT Rowing Club has as lot to offer you. If you have never rowed before, we would love to hear from you, and we will arrange for you to come out for a paddle and see what it's all about. For those of you who've rowed, I'm sure you're just itching to get back into a boat!!

**Contact:**

**Karen Lister 686 8154 (h)**  
**Tessa Vriend 686 5350 (h)**  
**Lydia Hall 650 3558 (Sports Administration)**



# Samurai Karate Club

Samurai Karate Club is the longest standing martial arts club at UCT, and has a proud record of producing karateka of outstanding national and international quality. The Samurai club is run under the auspices of the Shukokai world body with Sensei Chris Thompson (7th Dan, Springbok) heading the style in Cape Town.

Last year our SASSU team achieved 5th place at the SASSU championships, with two of our team members being selected for the SASSU national team. Many of our members also competed in the WP all styles tournament, achieving excellent results.

Last year also saw a number of development programmes being run through the club, namely the introduction of karate to underprivileged children who otherwise may never have had the opportunity. We have also started a rape awareness programme that will be extended this year to include basic self-defense.

Our classes are split into three sessions on each of the training nights, catering for the novice, intermediate and senior students; thus ensuring specific training for the various skill levels of students. In addition to the

regular classes we also hold a number of gashukus (intensive weekend training sessions), which are always enjoyed by students and instructors alike, and contribute immeasurably to the growth of the students.

Traditionally Karate has been perceived as a sport predominantly for macho men, fortunately this is changing as can be seen by the large, mixed gender classes of the last few years at UCT. We would like to see this trend continue, and therefore look forward to your company at our Monday and Wednesday night classes. Osu!!

**For more information please contact**

**Carol Chang 689 7103 (H)**

**Bradley Park 664 215 (H)**

**Sports Administration — 650 4067/3564**

# SKYDIVING CLUB

If you've ever dreamed of human flight, then the UCT Skydiving club is for you. Skydiving is a multi-faceted sport which includes many different disciplines. These include freefall, formation skydiving, canopy formation flying, accuracy, freestyle and skysurfing.

Formation skydiving involves flying relative to other jumpers to build formations. This is still the predominant competition discipline. Formations can range in size from two, to more than two hundred people. Canopy formation flying involves skydivers stacking their canopies to build formations, while accuracy is where one attempts to land on a target. Freestyle and skysurfing are the newest disciplines in skydiving and include gymnastic manoeuvres while freefalling at speeds that can exceed 300km/h.

The sport of skydiving has become relatively safe, due mainly to advances in equipment, as well as in training techniques. The UCT Skydiving Club owns equipment which is available to its members. We usually jump at the Cape Parachute Club in Stellenbosch or Western Province Sport Parachute Club, situated in Citrusdal. Both these clubs offer first jumper training of an excellent standard, as well as advanced instructions in the various disciplines of the sport. In addition, both clubs organise many social events throughout the year. The UCT club also offers various subsidies to help its members.

**Contact:**

**Jeremy Joubert 686 7330 ext 291; 761 2112 (h)**

**Marianne McKay 696 1897 (h) X2329**

**Lynn Geater 438 9205 (h)**

**Sports Administration — 650 4067/3564**





# SOCCER CLUB

Soccer is the most popular sport in the country and here at UCT, the Soccer Club in one of the fastest growing clubs on campus. In 1996 our club membership more than doubled, making us one of the biggest clubs at UCT.

Last year was a highly successful year for the club. Our women's first team won the South African Students Sports Union (SASSU)-Football Regional Tournament and the Inaugural SASSU-Football National Tournament in Durban, and then swept away all the opposition on campus to take the coveted Sports Council Team of the Year Award. Five players were also selected to represent Western Province at the annual Women's Interprovincial in Port Elizabeth. Although the men's first team could not repeat the performances of 1995, when they won the SASSU-Football Regional Tournament and finished 3rd in the country at the National Tournament, they played excellent football and eight players were rewarded by being selected for a regional team to play at a SASSU National Tournament in Durban.

What does the Soccer Club offer? We have two men's teams registered in Cape Town -Tygerberg F.A. Leagues, two women's teams in the W.P. Women's F.A. The men's teams are coached by former Cape Town Spurs player and coach, Abe Wymers. Under his guidance, the UCT first team has achieved a remarkable measure of success. Teams train twice a week and matches are on Saturdays. The women's teams are coached by Eugene 'Gino' Sirmongpong (also WP Women's Football Development Officer) and assistant coach Stan 'the man'. The women's first team (affectionately known as Mashoabana) and the second team, have under the guidance of Gino and Stan developed into a real force to be reckoned with. The women's teams are looking for talented, dedicated individuals to boost their strength. First-time players are

invited to join. Training occurs twice a week and matches are scheduled for Sundays.

A major attraction of the Soccer Club is a thriving internal league. The league is divided into two divisions, with a total of 30 teams currently competing. This year will see the establishment of our very first women's internal league. The club also offers its members a number of competitions like the annual 7-a-side Katango Cup and the highly successful Inter-Res Tournament that incorporates both men's and women's matches concurrently. A highlight of the club's 1996 season was a highly successful and glamorous Awards Dinner which had Director of Sport for the Western Cape, Rod Solomons as guest speaker. The 1997 Awards Dinner promises to be bigger and better, and we plan to secure a famous soccer celebrity as our guest speaker. Registration takes place on the Plaza during Orientation Week and then at the UCT Sports Administration. Join us, and help the Soccer Club become the premier club on campus. Here's to a great sporting year in 1997.

## Contact:

**Anwar Jappie 650 3543(o/h) 593 6446 (a/h)**

**Peter Buckton 650 3559 - Sports Administrator**

## A PROFILE ON WOMEN'S SOCCER AT UCT

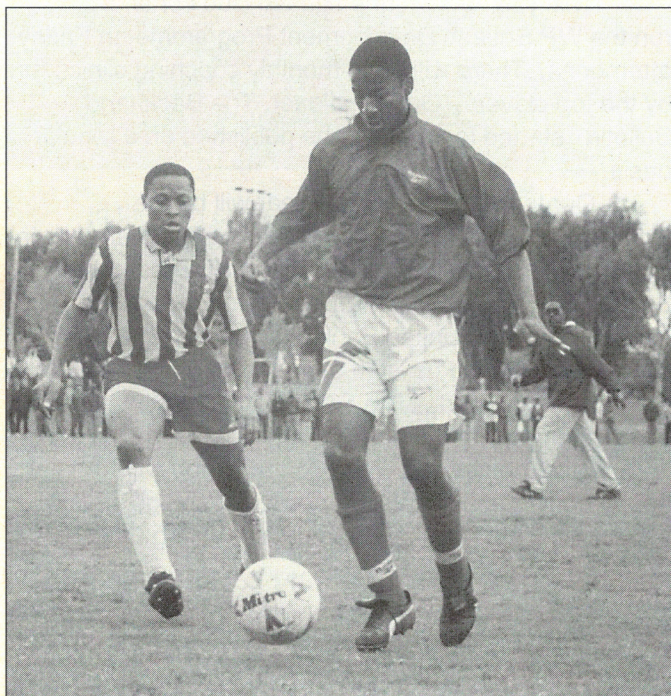
*by Sihlangule M. Siwisa and Anwar Jappie*

Women have always supported the game of billions, but in the past their role was usually limited to cheering from the stands. Not any more !

Nowadays, they are taking to the pitch in great numbers. Gone are the days when the biggest obstacle facing aspirant women footballers was the prejudice which existed in the predominantly male soccer fraternity. Through guts and determination they fought the establishment and slowly began to change the old stereotypes. The UCT Football Club stands as a shining example after having undergone this transition and is leading the way in this new order.

The number of women who play soccer at UCT has increased rapidly over the last three years. The UCT Football Club, which oversees women's soccer, are currently the fourth largest club on campus with a registered membership of over three hundred. The UCT women's team, nicknamed "Mashoabana", boasts a squad of over forty committed players, with two teams playing in the Western Province Women's FA League. Three of these players were also members of the UCT FC Executive Committee in 1996. Five players were also selected to be part of Western Province squads at the 1996 Inter-Provincial Tournament held in Port Elizabeth.

Under the guidance of Eugene "Gino" Sirmongpong, the first team coach, the players have grown from a group of individuals with hidden talent, to a confident unit of competent sportswomen who exhibit skill and flair. Gino is however backed up by Stan "the man" who





coaches the second team and together they have used their excellent coaching skills to form a formidable unit.

On the 1st May 1996, "Mashoabana" made history by winning the inaugural SASSU WP-Women's Football Tournament and earned the right to represent the region at the SASSU National Tertiary Club Championships which were to be held in Durban. After winning the Regional Tournament they set their sights on clinching the National crown.

In the round robin stages of the National Tournament sides like the University of Natal (UND) and UCT ran circles around the opposition, owing to their superior fitness and experience. The team from Cape Town powered their way into the final, scoring a record 29 goals whilst conceding only 3.

In the final, which was held at the Kings Park Soccer Stadium, UCT came up against a spirited University of Natal side. After a tight first half the half-time score was 1-0 in favour of UCT. In the second half, UCT came out firing on all cylinders as the match turned into a game of two halves. Through excellent defence and brilliant goalkeeping, they laid the foundation for the strikers, who hammered home five goals in the second half. The host side tried their level best, spurred on by the home crowd, but in the end the Western Cape champs overwhelmed them. The final score was 6-0 and UCT was crowned as the first ever National Tertiary Club Champions! The atmosphere around the stadium was euphoric as Mashoabana took a victory lap and saluted their newly found fans.

Soccer can play an even greater role in empowering women even outside the field of play. It builds character, breeds confidence and sustains a positive self esteem. The game is able to instill a sense of pride and self-belief in women which is felt not only by the players, but also by the many supporters who witness their achievements.

No other sport can do this better than soccer! After all, that's why we call it "the Game of Billions" and at UCT, We love it !!!



# Squash Club

1996 was a different year for the Squash Club in that it was a year of building for the next generation. With the loss of many of our top players, we have come to realise the importance of all our players. This year we will once again strive to include and involve both social and league players in the club.



The internal league, which was a huge success in 1996, will once again be run by Melissa Bosenberg, encourages players of all strengths to participate. Join the Squash Club, assemble a four-person team — or we'll find one for you, and come and join in the fun every week.

For the more competitive there are Western Province Leagues. In 1996 UCT had 7 men's and 5 women's sides. The Women's Reserve League took top honours, and the 1st League finishing in the top three. In 1997 we would like to use the internal league to strengthen our W.P. league sides, and we are sure we will see success at the end of the season.

This year will see the squash club continuing to run the WP Squash Development Programme on Friday afternoons. There will be bi-monthly coaching clinics run by the top players. Our newsletter, The Backhand Bulletin, started in 1996, will be published on a regular basis.

Our tournaments for the year will be the Orientation Week Tournament, Ranking Tournaments in February and March and the Invitation Tournaments to be held in May. This tournament will once again be sponsored by the United Bank and we wish to thank Allan Petersen and his staff at the Students Bureau for the ongoing support.. The SASSU Intervarsity competition will take place in Durban in July.

With the newly painted courts, a pub with regular happy hours, social and competitive evenings, this is the club to join. Meet us on the Plaza during Orientation Week, or contact

**Pat William 650 3557 - Sports Administrator**  
**Stephen Barker 686 8993**



# Surfing Club

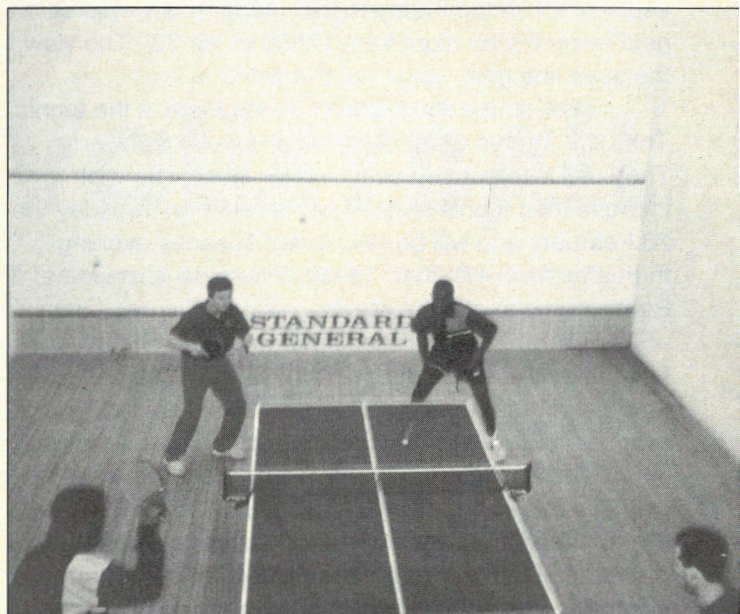
Welcome to UCT surfers. New in town? Wanna make friends with people who surf? Or just stoked on surfing and want to improve?

Well, joining the UCT Surf Club is the best way to start. Club members enjoy regular lifts to the beach, contests and infamous parties. Members also receive a discount on repairs at Waterseal Glassing, and have access to our video library, with all the hottest new releases. You'll score epic waves on our surf trips up the coast, and on our legendary pilgrimage to Jeffrey's Bay and Seals in July.

We hold surf contests in the 1st semester, to select a team for the National Student Surfing Tournament at Seals in July. Never surfed in a contest before? Don't stress - we have a Rookies Division for those who don't think that they're quite ready for the ASP yet. Our video-taping sessions and helpful advice will have you ripping in no time! Make the team, and you score tons of killer free stuff from our sponsors!

# TABLE TENNIS

The UCT Table Tennis Club has a long and distinguished history within the Western Cape and the national arena. Western Province has the strongest and most competitive league structure in the country, within which UCT has seven teams.



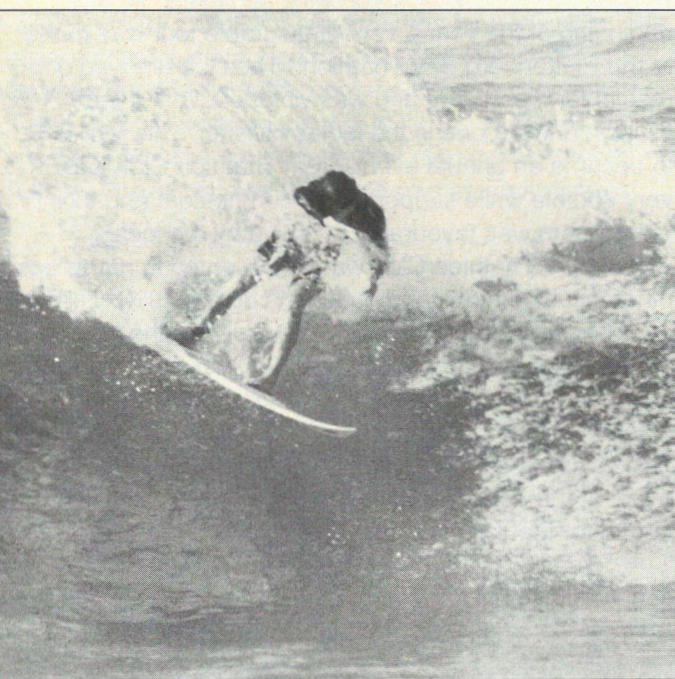
Our teams range from 1st league down to 6th and 8th league, where the club has its social teams. UCT has a strong 1st team, coming second in the 1st league last year, and likely to move up into the Premier League this year.

The club has various events planned, including an open tournament in April and internal tournaments throughout the year. UCT hosts the National SASSU Tournament this year, and we hope to have strong men's and women's teams participating. Last year our men's team was placed third out of 34 teams, and we hope to improve on that this year.

Coaching for beginners and players wishing to improve performance will be available, and the club is hoping to import a ball machine later this year to assist in this regard.

Club practices are held on Wednesday and Sunday evenings at 6pm; matches are held on Wednesdays and Thursdays.

If you are interested in playing, talk to us on the Plaza during Orientation Week, attend a Sunday practice, or contact a committee member. Come and join in one of the worlds most popular sports!



In the 2nd semester, we take on Stellenbosch at Triversity, and Cape Tech in the Kings of the Cape clash. The annual Open Club Championships and prize-giving functions are other events to look forward to.

Cape Town is blessed with both epic surf spots and regular and sizeable swells. The surf Club exists to help you get the most out of your surfing time here. So if you're Wilbur Kookmeyer, a style bandit soulmeister or a promising talent, we need you!

#### Contact:

**Daniel Beatty** 783 1497  
**Ryan Froude** 685 2429  
**Brenton Heron** 788 2918  
**Kobus Olivier** 650 3555 - Sports Administration

#### Contact:

**James Liesegang** 689 1366 (H)  
**Chris Loans** 762 3242 (H)  
**Pat Williams** 650 3557 (Sport Administration)



# TENNIS

Tennis Anyone? And they all let out a resounding "yes please!"

Tennis, the sport one can play from the cradle to the grave, give or take a couple of years.

The UCT Tennis Club is the place to be. It is here that one is able to develop the emotional, physical and mental areas of one's character. Talk about a whole body experience!

The UCT Tennis Club is incredibly social especially with the Friday Night Happy Hours which are held every Friday night from 17h30 to 18h30. The view, the guys, the girls - all out of this world.

Now on the sport side of things there is the tennis. The UCT Tennis Club caters for all levels of players. There is Development coaching for those who wish to improve their tennis skills. This will start on Tuesday the 28 February and will be held every Tuesday evening thereafter from 17h30 to 18h30. Everyone is welcome. Equipment can also be provided should the need arise.

There will be a Freshers tournament on the 4th and 5th of March for all new comers. It will be a friendly round robin tournament. This is where the old meet the new and visa versa. So come along.

The annual club championships are to be played in the middle of March. Matches will be organised for the weekends. Everyone is encouraged to enter. The men's and women's teams for the SASTA tournament to be held in July will be chosen from the championship results.

The men's and women's leagues will start in mid September and will run over 2 months. League matches will be held on Saturdays at 13h00. Tennis practices for the league players will be held every Tuesday and Thursday from 17h30 to whenever, throughout the year.

At the end of the year the UCT Tennis club host a dinner dance. Everyone is welcome. It is definitely an event not to be missed. All tennis news will be posted on the tennis board up at the club house. If you have any further enquiries concerning the UCT tennis club please contact:

**Tim Deane 689 5015**

**Sally Mullins 618205**

**Sports Administration — 650 4067/3564**

*We look forward to meeting you all!*

## TRIATHLON CLUB

The Triathlon Club enjoyed a successful year in 1996 a number of memorable firsts being achieved. At the beginning of the year a very pleasurable tour was made to the Plettenberg Bay Triathlon. The club enjoyed good results (and partying) and was victorious in the team division and second in the ladies division. This tour is set to become an annual event. UCT Triathlon Club was very audible while supporting its competitors and this enthusiasm was favourably received by the locals.

UCT Triathlon Club was represented in numerous other local triathlons and duathlons during 1996. The most exciting triathlon of the year is always the weekend trip away to the Clanwilliam Triathlon, which has become the social and triathlon highlight of the year for many triathletes.

During 1996 the Club hosted its first duathlon event at the Killarney Race Track and planning has begun for the organization of the first UCT Triathlon.

The UCT Triathlon Club is also proud to congratulate its third South African representative, Andrew Skowno, who did both his country and university proud at the World Triathlon Championships in Cleveland, Ohio, USA, in August 1996.

In 1997 the club would like to see triathletes attempt many more triathlons and encourages beginners to enter their first triathlon. So if you are an experienced triathlete, a nervous first timer or if you are interested in running, swimming or cycling or all three, then join the Triathlon Club as we continue to provide a useful service to all our members.

If you join during registration week you receive a FREE Triathlon club T-Shirt (this offer is limited, so hurry to the Plaza and register now)

**Contact:**

**Werner Van Kets 7941600**

**Alan Chitty 7942350**

**Sports Administration — 650 4067/3564**

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# Underwater Club

The UCT Underwater Club continues to be one of the largest clubs on Campus. This is easy to accomplish, as we encourage and support, the most interesting sports on Campus.

SCUBA gear is rented out to club members at ridiculously low rates, and we own the largest set of SCUBA equipment of any of the clubs in Cape Town. The club owns 26 sets of scuba gear, most of which include octo's, Bauer air compressors and tanks. Also, a 5m Stingray duck with twin Yamaha outboard engines, a hummingbird ecosounder and a 29 MHz radio are the clubs' proud possessions. Club boat dives occur about two to four times a month, weather permitting.

For students who have not had the opportunity to dive, we offer SCUBA diving courses for beginners. We also offer more advanced courses like compressor courses and Master diver courses. The club is affiliated to the SA Underwater Union (SAUU), and all the courses offered are internationally recognised (mostly NAUI). These courses are all offered at student rates.

Besides SCUBA diving, the Underwater Club also offers Underwater Hockey and Spearfishing to its members. There are spearfishing competitions throughout the year, with regular outdives, serious or not. Underwater Hockey practices take place on Mondays at the Long Street Pool from 6 - 8.30pm.

**For more information on Underwater Hockey please contact:**

**Steve Mayfield 650 3616 or 685 4370 (a.h)**

**E-mail: mayfield@botzoo.uct.za**

**For more information on diving activities contact**

**Nic Woolaway 64 1528**

**Pat Williams 650 3557 - Sports Administration**

# VOLLEYBALL

The Volleyball committee would like to welcome all prospective and regular members for the 97 season. A great year of Volleyball lies ahead.

The UCT Volleyball club caters for the seniors, social and beach volleyball players currently. There are 2 men's teams and 2 ladies teams in the Western Province league. The 1st men's and ladies team also annually compete in the Regional and national SASSU Volleyball Tournament. The men's team having won both the Regional and National Tournaments in 1996.





For the less serious players there is the UCT Volleyball internal league which is expected to attract many teams in the new season. Beach Volleyball is played regularly in the summer season. We don't spend all our time playing volleyball, the social side of the club is vital and is never relented.

Watch the notice board in the basement of the Students Union for details of our events. For any further information come and chat to us at the b during Freshers week or contact:

**Lydia Hall (Sports Administrator) 650 3558**

# WATERPOLO

The last season ended on a good note for UCT at the annual SASSU tournament held in Durban. It was the first time in the history of the event that UCT women took part, and they fared extremely well, finishing as runners-up to Stellenbosch. Meanwhile the men's team lost a close contest to the University of Natal (10-9), to finish 3rd.

At the end of last season, four of our players were included in the WP men's under-20 team at the national Kramer Tournament in Johannesburg, two were included in the WP women's team and three were selected for the WP men's B team. The WP women's team went on to win both the Kramer and National Tournaments. Monique Botha was selected for the SA women's team,

and Karl Thanning for the SA under-21 team to play at the World U21 Championships.

In general, the club fared well last year, and there was an increase in members as well as club activities. A number of enthusiastic newcomers enabled us to field men's and a women's 3rd teams for the first time in club history. A number of club braais and parties were held, and thanks must be given to the "Sizzling Sausage", which showed its support for the club by hosting such parties.

Winter league returned to WP Waterpolo last year, and was met with determination by all three UCT teams entered into the league. Both women's 1st and men's 2nd teams fared well ending 3rd on the log; the women's team in particular continuing to improve with every game they played. The men's 1st team, fared equally well, but lost by one goal to local club Vikings/Gordons forcing us out of the final.

This year the club aims to continue its growing success, both in the number of club members and in the pool. Last year we proved to be a force to be reckoned with, but now want to go one step further as one of the largest and most successful clubs in Cape Town — we have the resources and the determination to do so.

**If you want to know more about the club please contact Kobus Olivier 650 3555 (Sports Administrator).**

# WATER-SKI CLUB

The UCT Water-ski Club is one of the bigger and more popular Sports Clubs at UCT, and with good reason. It is also the most fun!

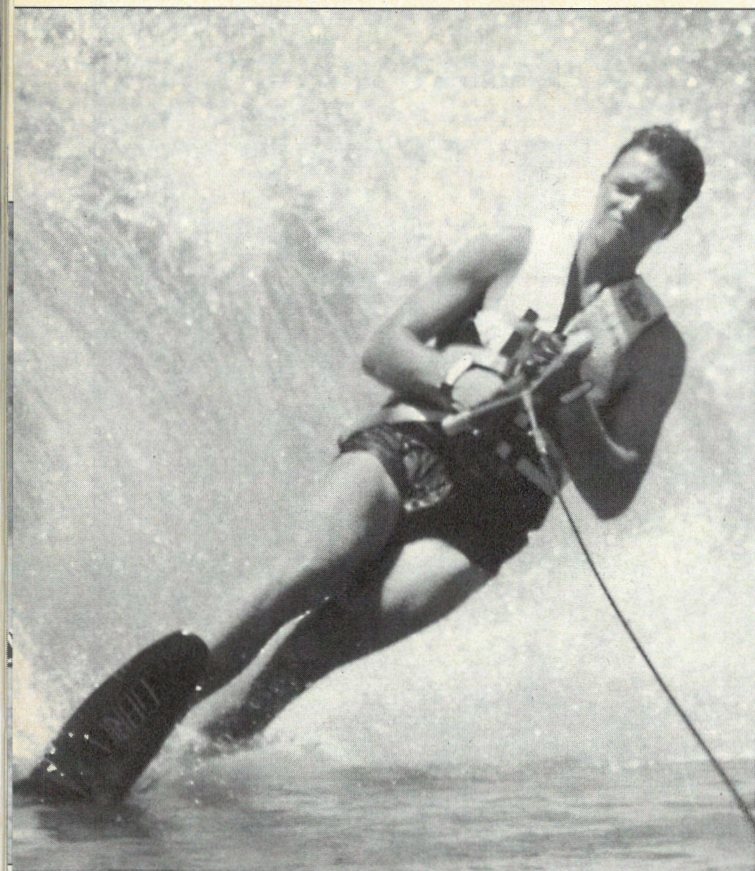
Water-skiing is one of those addictive sports, and yet does not involve any life-threatening activities (generally speaking). We teach all levels of skiing, including beginners, so for those who have never tried water-skiing, it is certainly worth a go, we guarantee that we'll get you skiing. And for those of you who have tried...well, you know the story, so come on and join in the fun.

The club goes skiing 3 times per week, in addition we also go away for weekends and have an annual competition. Come and meet us at the Plaza during Orientation Week, or contact:

**Michael Harris 794 6553 (H)**

**Kathy Manion 448 5772 (H)**

**Pat Williams 650 3557 (Sports Administration)**





# WEIGHTS CLUB

The UCT Weights Club welcomes all new students to UCT and we hope you have a great time at UCT. The Gym is situated in the north-eastern corner of the Sports Centre on the upper squash court level, and boasts excellent training facilities for Bodybuilding, Powerlifting, Circuit Training and general fitness workouts.

The Weights Club is privileged to have outstanding coaches in Ron and Brian Collins, who both possess a wealth of knowledge and experience in the field of weight training and general fitness. Ron Collins is multiple S.A, British and World Powerlifting Champion, and has recently been assigned coach of the S.A. team. Ron and Brian is on hand to give expert advice, coaching and nutritional information to all Weights Club members.

The Gym is widely used by sports people of all codes for official training and by many students who merely want to keep in shape. Although 1996 proved to be fairly low-key, UCT Weights Club has over the past four years produced many successful bodybuilders and powerlifters.

<b>Term Times</b>	<b>Monday - Friday</b>	<b>06h00-09h00</b> <b>12h30-14h00</b>
	<b>Members only</b>	<b>17h00-20h00</b>
	<b>Saturday</b>	<b>09h00-13h00</b>
	<b>Sunday</b>	<b>10h00-13h00</b>
<b>Vacation Times</b>	<b>Monday - Friday</b>	<b>16h00-19h00</b>
	<b>Saturday</b>	<b>09h00-13h00</b>
	<b>Sunday</b>	<b>Closed</b>
<b>Exam Times</b>	<b>Monday - Friday</b>	<b>09h00-08h30</b> <b>12h00-14h00</b> <b>17h00-20h00</b>
	<b>Saturday</b>	<b>09h00-13h00</b>
	<b>Sunday</b>	<b>Closed</b>

We will be having an Orientation programme in the gym to get all prospective members acquainted with the facilities, as well as providing a guide to training and nutritional advice. Don't forget to visit us on the plaza where you will be able to sign-up for the Weights Club. Also available will be weights Club tracksuits, T-shirts and vests.

**For more information contact:**  
**Sean Moodley 448 4239/40**  
**Kobus Olivier (Sports Administrator) 650 3555**

# Yachting

UCT Yacht Club offers new and returning students an excellent opportunity to get into the exciting and growing sport of sailing. In a city renowned for its hectic winds, you will get the best conditions in which to experience the adrenaline rush that has hooked millions of sailors world-wide. Adrenaline aside, it's the only way to stop the wind from driving you crazy (otherwise try the library!).

The club has excellent facilities available to all our members, any day of the week. We have a clubhouse on the Zeekoeivlei Peninsula, and sail 2 Lasers, 4 Sprogs and 2 windsurfers. There is also a rescue boat, the trusty Hippocrocadux, and a Quagga, an 18 foot day sailer keelboat which is ideal for sail training and sunset and midnight cruises.

Most sailing takes place on a Friday afternoon and evening. Members arrive at the vlei after lectures or during lectures if they really can't wait that long. The Club usually supplies transport if there is a demand for it. There is an afternoon of sailing, either social or short match racing, followed by a sunset cruise and a braai. The clubhouse bar, which is always amply stocked, is often instrumental in getting a party going.

Apart from the regular Friday racing, the club organises various weekend activities. We host the annual Frostbite Regatta, and we will try to organise mini-regattas for our members. Novice sailors should look out for our sailing course (for absolute beginners), which will be held on the first weekend of the semester.

We also have a keelboat section. Although the club doesn't own its own keelboat, the sailing community is very supportive of the University, and takes our members sailing on Wednesday night races. Plans have been made to organise a boat which we can use for keelboat training on a regular basis.

In a nutshell, the UCT Yacht Club is an excellent way to get into a sport that you can enjoy for life, while at the same time meeting a great bunch of people. We will have a desk on the Plaza during Orientation Week, and will provide a more comprehensive information booklet on the club.

Come and meet us, hear about the club first hand, and before you know it, you'll be in the water having the time of your life.

## You can also contact:

<b>James Mackay</b>	<b>689 1850 (H)</b>
<b>Karen Mackellar</b>	<b>794 3206 (H)</b>
<b>Lydia Hall</b>	<b>650 3558 (Sports Administration)</b>





## SPORT INJURIES CLINIC

**The Sport Injuries Clinic** is well known to most students playing soccer, basketball, internal league rugby and those working out in the Weights room. They are our best customers!

The clinic is respected for the analytical approach to solving injuries and preventing recurrence of complaints.

The highly qualified physiotherapists spend 30 minutes of individual attention on each case and make a great effort in performing a holistic treatment. The treatment is hands on and up to date.

The physiotherapists are: Helene Simpson, Marne de Klerk, Janine Milligan, Marianne Parsons and Brad Fyvie.

We are famous for the friendly and caring reception, a place to meet and analyse the latest sports-event, and a quick referral to other medical practitioners (orthopaedic surgeons, orthotists, dietitians, psychologists and sport medicine doctors).

The clinic also delivers the services of a biokineticist: Steve Burden. Steve offers final rehabilitation regimes, fitness assessments, off season training programmes as well as regimes on how to get fit. He is contactable at the SIC or 6503562.

We also offers treatments for chronic spinal complaints and headaches. The treatment courses are quite long but the rewards are excellent.

The clinic will introduce several new services in 1997:

1. Saturday clinics for the emergencies.
2. An on-call service on Sundays and after-hours,
3. greater involvement with clubs and attending important matches and practices.
4. Informative pamphlets on common injuries.
5. A regular column in the Varsity.
6. Home page on the WEB and,
7. Special exercise classes for the injured.

The clinic is considering privatising but it will not affect treatments and costs thereof. In fact, it should enable us to continue with affordable rates to students.

Students injured in an accidental way while playing sport are covered by the UCT accident Insurance Policy. The cover is R5000 for medical expenses and R500 for physiotherapy at the SIC. A claim-form is obtainable at the SIC. The excess is R100. Further information is available from Mrs Posniak at Student Health.

We are based in the Sport Centre on the High way side of the Sports Halls.

Our telephone number for appointments is: 6503560. Shirley will assist you.

Hours of operation are: 7h30 to 18h00 during academic terms and from 7h30 to 16h00 during vacations.

Please do not hesitate to contact us regarding: whether we can help you with a particular injury, assistance at a event, fitness assessments of your team, assessments of your training regime and so forth. We are striving to be of service.

Enjoy your sport and a healthy balanced lifestyle!

**HELENE SIMPSON**



# UNIVERSITY OF CAPE TOWN — SPORTS ADMINISTRATION

## SPORTS CENTRE HALL BOOKINGS FOR 1997

HALL ONE

HALL TWO

HALL THREE

TIME	MON	TUE	WED	THURS	FRI	SAT	SUN	TIME	MON	TUE	WED	THURS	FRI	SAT	SUN	TIME	MON	TUE	WED	THURS	FRI	SAT	SUN
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The University of Cape Town strives to be a university of the first rank in both an international and African context.

The University of Cape Town rejects racism and strives to maintain a strong tradition of non-discrimination with regard to race, and with regard to religion or gender, in the constitution of its student body, in the selection or promotion of its faculty and in its administration.

The University seeks to create an environment where inquiry and scholarship can flourish, where heterodoxy is not suppressed and where creativity can find expression. Its goal is excellence in all facets of university life: teaching, research, administration and the interface with the community.













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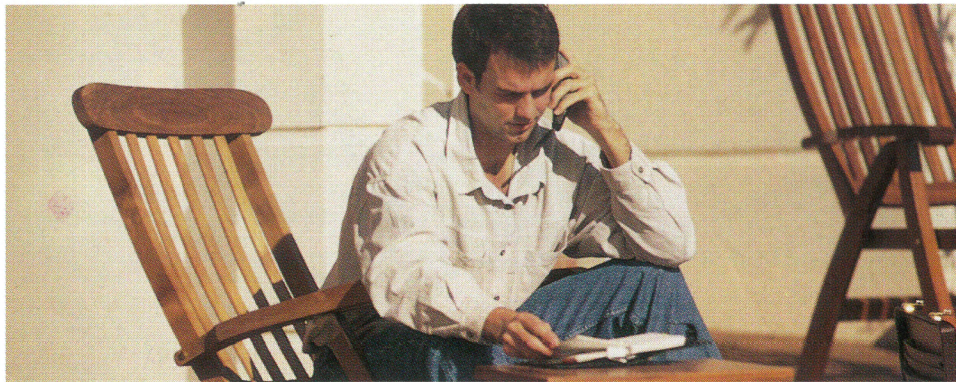
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